YOUNG AMERICA'S FAVORITE MAGAZINE

# seventeen®

NOVEMBER 1976 75 CENTS

## FASHION FINDS

Lively Dress-ups
Bright Ski Looks

Smell
Scent-sational!

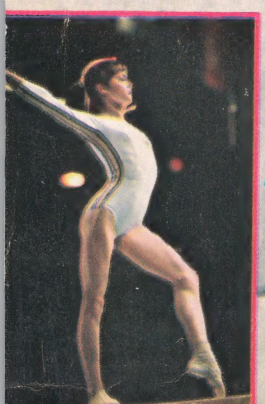
64 Super Gifts
To Make
Under $8

Tackling Shyness

MEET KING KONG!

When Parents Remarry

Do You Want
Children?



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Next
for
Nadia?

# The Clairol herbal
# For your hair, your head,

## Experience the most beautiful shampoo on earth.

Come. Discover Clairol® herbal essence shampoo with natural protein, fragrant with mysterious wild flowers and green herbs. Your clean, conditioned hair will shine and feel alive.

And you will feel very, very free.

Like you're somewhere far away beyond the ordinary world in a wild enchanted garden.

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The Clairol herbal essence experience. Your hair, your head, your whole body will thank you for it.

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# Jontue

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but not too far from innocence.

The Beautiful Fragrance by Revlon

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# seventeen

Published by Triangle Communications Inc.

NOVEMBER 1976

*Want to stop the world? Try some satin separates*

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Prices quoted on editorial pages are necessarily approximate; most are slightly higher west of the Rockies and in Canada

Cover photograph by David McCabe. For more information on our cover see page 150

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JUMPSUITS BY CINNAMON WEAR, ELLEN TRACY AND HAPPY LEGS.

# Young-skin makeup?

**It's made without any oil!*** That's why Natural Wonder calls it Oil-Free* Makeup. No clogging. No greasy shine. Just the clear, clean look of healthy, young you. Wear Oil-Free* Makeup. The young skin makeup that looks good...and is good for you!

# Celebrate!

## NATURAL WONDER Revlon

*Contains no animal, mineral or vegetable oil.

**Never looks made up!** Oil-Free* Makeup looks real. Actually does good things for your skin.

**For normal and oily skin!** Natural Wonder Makeup looks pretty and fresh all day long.

**Good for you!** Natural Wonder has lipstick, shadow, mascara, lots of other good things!

*Advertisement*

# Honestly
## by Bonne Bell

**Answers to the questions you ask the most.**

I've just gotten a cute new short haircut that I love because it's really easy to do. I can wash it, blow it dry and style it in five minutes with my dryer. The only problem is that my hair seems to be dry and brittle and not as shiny as it used to be.

**In the colder months, many people have problems with dryness. Yours may be caused by a combination of exposure to harsh wind and weather and indoor heat. It may also have to do with the way you use your hair-dryer. Always use a warm rather than a hot setting. It's much easier on your hair. And make it a habit to follow your shampoo with a good conditioner. Bonne Bell Honest Hair Conditioner is a creamy rich formula that contains protein, dl Panthenol (a natural hair vitamin) and other do-good ingredients to help restore the softness and shine.**

When it comes to makeup, my favorite thing is eye shadow. My eyes are blue, and I like to experiment with different colors of shadow. What colors do you think I can wear best? Or does it depend on the outfit I want to wear?

**You can get some of the most flattering effects for your blue eyes with the subtle earth tones—the warm browns and taupes to contour, the beiges to highlight. The contrast with your eye color can make your eyes look even bluer. What's more, earth tones harmonize beautifully with almost any clothing and accessories because they look so natural. You can have fun experimenting with the five quarry stone colors in the new Colorado Colors Eyeshadow Collection by Bonne Bell. They're long-lasting silky powders, all together in a purse-sized compact with applicator and mirror.**

Lately I've been bothered with blackheads and pimples, and when I see them I am tempted to squeeze them to get rid of them in a hurry. I've always read that it's bad to do that, and I would like to know what you think.

**Squeezing pimples and blackheads may seem like a fast way to be rid of them, but it can lead to worse problems. It can spread the infection, and might even leave a scar. One way to fight them is to keep your skin immaculately clean. Ten-O-Six Lotion is the cleanser that's also a great problem fighter. It cleans deeply to remove hidden dirt and pore-clogging oils. And it contains antiseptic ingredients to destroy certain bacteria and help clear up externally-caused blemishes. Ten-O-Six your face every morning and night, for cleaner, clearer skin.**

If you have any problems we can help you with, write Bonne Bell, Lakewood, Ohio 44107; or call toll free 1-800-321-9985. In Ohio call collect 216-221-9191.

BONNE BELL

# Your Letters

### Singing Our Praises

I must tell you that our girls looked marvelous on the trip, thanks to you ("Right Before Your Eyes," September). They followed your advice concerning hair and makeup, and they always looked fresh and bright! As the plane would approach a landing, the girls would get out their makeup and mirrors and declare "SEVENTEEN makeup time."

*Bobbie Summerlin, Director, Cooper Concert Choir, Abilene, Tex.*

The makeovers were great, but I am skeptical about whether the girls can really apply their makeup themselves for everyday use. How good will they look after a few weeks?

*Mary Mahar, Foxborough, Mass.*

I was also privileged to be touring Europe this summer, with the American Youth Symphony and Chorus. We happened to be in the same hotel with the Cooper Concert Choir in Innsbruck, Austria. We were wondering why the girls all looked so great—now we know. *Susan Gecho, Ennis, Mont.*

### Welcome Guest

I'm a college student, and I would certainly like to have a girl like the one in "First College Weekend" (August) visit me at my school. She looked so cute and natural—not a put-on like so many girls you see in magazines. My buddies agree they'd love to have her as their date for a college weekend. *James J. Hannan, Fords, N.J.*

### An Ounce of Prevention

"Making Up Your Mind About Birth Control" (September) straightened out a lot of things I knew and some I didn't know, especially about the pill. Another day older, another day wiser; thanks for your article.

*Debbie Koontz, San Jose, Calif.*

As the loving, concerned mother of two teen-aged daughters, I respond with absolute joy to this article. The clinical data on birth control methods is important information for all females, along with the physical, emotional and practical considerations involved in a sexual relationship. But the icing on the cake is that someone had the courage and good taste to suggest that it is indeed possible to be happy and popular while maintaining a high regard for the miracle of one's body and soul. I haven't heard a reference to self-control in twenty years! Your article is a beautiful reminder that we do have not only a responsibility but the human right to make an intelligent choice.

*Mrs. Donna Booth, Trucksville, Pa.*

Since when has sex become something that's merely for the pleasure of the male? Your article made it sound as if females couldn't possibly *want* to have sex. Did it ever occur to you that sex is because of love, not in spite of it? Surely you could have presented the needed information in a much better way. *Jacqui Childress, St. Louis, Mo.*

### Breaking Up, Not Down

"Breaking Up Is Hard To Do" (September Mini-Mag) really changed my life. I have been moping around the house for the past three months, and your article made me realize that was wrong. *Karen Sigwald, Wheaton, Md.*

Two weeks before the issue came out, my boy friend and I broke up. I had already done many of the things the article says to do, and I realized I had changed in many ways for the better. When we broke up, it really hurt my pride, and I thought it would hurt my character, but now I feel more confident about myself. *Angela Sewell, Coweta, Okla.*

### Winners by a Nose

"Don't Call Me Barbra!" (September) was a frank story about rhinoplasty and how it really *(continued on page 10)*

Trimmed Jeans
Piped in pseudo
leather. $28.
Stitched in
multicolor. $24.
Striped Flings
Jacquard coat with
color and glitter. $40.
Upscale tones
this way
and that. $36.
Arpeja-California, Inc.
860 So. Los Angeles St.
Los Angeles, Calif. 90014
ORGANICALLY GROWN
JEANS
by
ARPEJA
ORGANICALLY GROWN
SWEATERS
by
ARPEJA
The name on everyone's hips

# How to choose a gift

Fine fragrances make marvelous gifts for friends and family. Here's how to make sure that the perfume, cologne or scented soap on your Christmas list is the right one.

*Be a sleuth.* Find out what she likes and is wearing now. It's a *mistake-proof* approach. (And you'll get extra points for playing detective.)

*Be appropriately adventurous.* Repeat, *appropriately.* Instead of picking blindfolded, seek a scent in the same family as the one preferred. If her current favorite's a floral, pick a fresh new bouquet.

*Two are twice as nice.* Consider giving a twosome: her No. 1 favorite, plus a fragrance she's never tried before. Clever, yes?

*Go the classic route.* If in doubt, you can always count on the classics being right. Understated. Refined. Unlike *'fad'* fragrances, these never fall out of favor, and are *always* in good taste.

*Give her a wardrobe of fragrance.* If she's a real fragrance lover, gather together a small series of different scents that give her the freedom of choice. (You might even like to get creative and tag them for special days, times or moods, i.e., "Instant picker-upper," "Just for Jim," etc.)

*Give different forms of scent.* Soap, body lotion, bath oil and dusting powder are wonderful extensions of a fragrance. If she loves the perfume,

# of fine fragrance.

she'll love you for giving her the wherewithal to create a complete fragrance *aura*. And don't forget those handy purse-sprays that go everywhere for quick, on-the-spot, fragrance touch-ups.

*Aesthetics count.* The delight in discovering a beautiful scent in a beautiful bottle on Christmas morning is a special kind of joy. When it pleases the eye and the nose, your gift is guaranteed success.

Beautiful fine fragrances are our specialty at *Chanel.* And we'd be most happy to help you choose one for that someone special on your list.

For her, there's subtle, sophisticated *Chanel No. 5.* Or irrepressible *Chanel No. 19.* (We call it The Outspoken Chanel.) And our *Chanel No. 22* that's like a garden of fragile white blossoms and blue skies.

*And for that special him,* there's *Chanel For Men.* A brisk and bracing modern scent.

Please come. We'd love to help you.

# CHANEL

What else would you like to know about fine fragrance? Won't you please write and tell us at Chanel, Dept. 17K, 9 West 57th Street, New York, N.Y. 10019.

# Evonne Goolagong wouldn't settle for second best. Neither should you.

**Evonne knows you can't play first rate tennis with a second class racket. That's why she won't play with anything less than a Dunlop Maxply Fort.® If you ask her why, she'll tell you, "because no other racket has the Fort's combination of power, feel and control." And if you watch Evonne play, you'll see exactly what she means. Now of course simply picking up a Fort today and playing with it won't turn you into another Evonne Goolagong. But with practice, and a racket like the Fort . . . Tomorrow?**

DUNLOP

DUNLOP SPORTS COMPANY,
Division of Dunlop Tire & Rubber Corp., Buffalo, N.Y.

**World leader in racket sport.**


## YOUR LETTERS

*continued from page 6*

can help someone feel better about herself. I could have sworn my sister wrote it. She had the operation two years ago, and my father says it's the only thousand dollars he doesn't regret having spent.

*Marcia C. Finateri, Grawn, Mich.*

Call me Barbra! I have a big nose, and I'm proud of it. A large nose is nothing to be ashamed of. It's *you*, and it's nice to be different. Being compared to Barbra Streisand makes me feel confident because she's beautiful!

*Linda Schutz, Lafayette, Ind.*

### Who's Spoiled?

We were inspired by the article on the age-old problem of mollycoddled men ("In My Opinion Women Spoil Men," September). Women do have a right to the same opportunities as men and deserve the same support and encouragement. Having to impress and wait on a guy just to be asked out once or twice is the bad end of the deal.

*Janet Abrams, Helen Montag, Atlanta, Ga.*

I guess it didn't occur to Carol Anne Weston that most women spoil their men because they *like* to and the gratitude they receive in exchange more than justifies it. If she doesn't want to look nice for her date, no one is forcing her to.

*Susy Lindstrom, Newport Beach, Calif.*

There are two sides to every coin. Who waits for hours getting up the courage to call for a date? Who spends his money for you to have a good time? We owe men what little spoiling we do.

*Angie Rose, Buffalo Grove, Ill.*

### Check Points

"Check List" (September Mini-Mag) explained everything about a checking account perfectly. For months now my father has been trying to explain about checking accounts, with little success. My father says I must save the article so he can use it to explain to my sister and brother. *Beth Davidson, Fair Lawn, N.J.*

### Loving and Learning

"A Lesson in Romance" (September Mini-Mag) taught me to take a close look at the man I thought I would love and worship forever. Now I relate more easily to him and my other teachers.

*Joy Applebaum, Lindenhurst, N.Y.*

I, too, "fell in love" with a high school teacher. As editor of the school paper, I worked with him for three years, and what developed was a mutual respect.

*Jennifer McKew, Annapolis, Md.*

Because I fell madly in love with my French teacher in the eighth grade, my final grade was A-plus! I worked hard to please him. *M. W., Hartford, Conn.*

### Poignant Question

"The Questioner" (September) made me think about the effects of life today on impressionable children. I have never before read a story like this—from a child's point of view about a very confusing adult world.

*Dianna West, Springfield, Mo.*

# It didn't start out to be a bath oil, but it sure makes a great bath oil.

It always was, and still is, a baby oil.
But that doesn't mean it can't be great for other things.
For example, just a little in your bath can make your skin feel really soft and silky.

So try pure and gentle JOHNSON'S Baby Oil. It'll make your bath a lot softer on your skin.

Johnson & Johnson

© J&J 1976

It softens your elbows knees and heels.

It's a gentle way to take off eye makeup.

It moisturizes and helps soften legs after shaving.

Think of all the cosmetics you can do without.

# FAMOLARE's Fashion Footcast

**There was a time when it mattered how a woman looked from the neck up. But that's not where it's at now. This year it's from the knee down. You don't even need a body. Just get the right Famolare shoes and start walking to fame.**

1. **DO** take up a sport even if it's only to wear this green, red, and white genuine leather sport shoe. It's the Famolare Sport™ called the "Basket". Do not ask why.

2. **DON'T** meet anyone important without wearing your Famolare Hi Theres®. Foolproof platform shoe you'll fall for, not off. Suede, crepe sole. Wear with ribbed stockings. Called the "Chianti". Do not ask why.

3. **DO** take a hike in the Tecahike.™ It's the chicest hoofing you'll ever do. Supplest, softest leather, but baby it's tough as a boot. Wear it with huge socks. This Tecahike is called "Berna". Do not ask why.

4. **DON'T** run—walk-right up and put on Famolare's newest flatform oxford—the Rush™. It comes in brown and tan (and other argyle sock combinations) so wear them with argyles. It's called the "Mancino". Do not ask why.

5. **DO** wear the Get There® —the real one. We like it especially with patterned stockings and culottes. It's called the "Apricot". Do not ask why.

6. **DON'T** buy this! It's a rip-off. Looks like a Famolare "Get There" but it's not the same by a long shot. It's called the rip-off, so skip off.

7. **DO** get in your closet and see what you're missing. If you don't have at least three pairs of Famolares, you'll never come out of the closet. This is called the end of this ad. Do not ask why.

1.

2.

3.

4.

5.

6.

7.

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4 West 58th St., N.Y., N.Y. 10019
Holbeinstrasse 30, Zurich, Switzerland

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The characteristic appearance of the Get There sole is a trademark of Famolare, Inc.

# Maybe, your squeaky clean hair is really crying out for help.

**We're not against washing your hair. We're just against weakening your hair.**

Shampooing.
Everybody's doing it.
Once a week. Once a day. And the truth is just about everybody's doing it wrong. And doing their hair a lot of harm.

The wrong way to shampoo. The way the TV commercials have it you get into the shower and lather. Big, billowy headsful of lather. Once, twice, even three times. Then when all natural oils are stripped away, when hair is weak and most vulnerable, wide open to splitting and breakage—then, and only then is your hair supposedly "squeaky" clean. If hair could talk, it would say it's in pain.

The right way to Shampoo de Pantene.® Pour just a bit of Pantene into your palm. Work it into scalp first, then into hair. Leave the lather on 30 seconds. Rinse. That's it.

Don't expect a big, billowy lather. You generally get that when harsh, inexpensive shampoos absorb air. From Pantene you get a rich, creamy lather made up of thousands of tiny bubbles which surround the hair's cuticle and gently lift out dirt. Leaving hair shiny and clean. Not squeaky. But clean. Not weak and vulnerable. But healthier looking than before.

The explanation. The Shampoo de Pantene is scientifically balanced to do the most good for hair. From its controlled pH to its proper blend of exclusive Swiss Conditioners: *Pantyl to add spring and bounce; Phytantriol to maintain hair's moisture balance.

Then there's Panthenol. It's Pro-Vitamin $B_5$ which penetrates each hair shaft, adding pliability and sheen.

More on shampooing.
Handle wet hair gently.

Detangle with a wide tooth comb. Wash it as often as you like but always with Shampoo de Pantene.

And yes, Shampoo de Pantene is more expensive than ordinary shampoo. But isn't that the only head of hair you have?

*Product made in U.S.A.

## Your hair never needed Pantene® like it does today.

For the store nearest you, call toll free (800) 447-4700. In Ill. call (800) 322-4400.
Medically tested products from The Pantene Company, Nutley, New Jersey 07110, Div., Hoffmann-La Roche Inc., one of the largest laboratories devoted to health.

# Think Snow.

Only Sweet Earth could capture the unforgettable scents that happen in magical winter places.

Delicate Mountain Ledge Flowers blooming on sky-high rocky peaks.

Clear, cool Alpine Breezes blowing on steep, snowy mountains.

And the deep, lush richness of Sun-warmed Woods.

In new, natural, non-aerosol cologne sprays. And a convenient compact that holds all three long-lasting solid perfumes.

The fragrances of winter. Naturally, from Sweet Earth.

Sweet Earth by Coty.

© Coty, N.Y.

RICHARD GIGLIO

# Dear Beauty Editor

**Sometimes my legs hurt a lot when I've been walking around or on my feet all day. Does this mean I'm going to have varicose veins? Annette G., Kansas City, Kans.**

Dear Annette,
No, not necessarily. Varicose veins are visible (enlarged, twisted or swollen). They can be inherited or result from poor blood circulation in the legs. To improve circulation, avoid too-tight knee socks and don't cross your knees when sitting. You may be having growing pains—they're common among teens because of the spurt of growth in adolescence.

**I like to wear boots in winter, but they make my feet perspire badly. After a day of wearing them, my feet smell awful. When I have gym, I'm almost too embarrassed to take my boots off. What should I do? Janie F., Tenafly, N.J.**

Dear Janie,
Before putting your boots on in the morning, sprinkle the insides with foot powder or even baking soda. This helps to absorb offending odors. Also, spray your feet daily with a good antiperspirant (there are several made just for feet).

**I have used my blow-dryer every day for a month, and my hair is getting drier and drier. How can I avoid this? Is the hot setting too hot? Brigette K., Philadelphia, Pa.**

Dear Brigette,
Yes, the hottest setting on your dryer may be too much for your hair. Try it on cool or medium—drying time may be longer, but it's worth it. At least once a week, replenish moisture with a deep-penetrating conditioner.

**What's the truth about brushing your hair one hundred strokes at a time? My grandmother tells me I should, that this will make my hair shinier. Is she right?**
**Beth D., Pensacola, Fla.**

Dear Beth,
She's right—and wrong. Brushing one hundred strokes will stimulate the oil-producing glands in your scalp and distribute the oil, making your hair shinier. Nowadays, however, hair is subjected to many stresses—from electric rollers, blow-dryers and curling wands to polluted air. Too much brushing will only encourage weakened hair shafts to break. Moderate brushing is best and all you need.

**My hair is very limp. The salon near my home is promoting henna. Will this give it more body? Carol B., Chicago, Ill.**

Dear Carol,
Yes. All rinses coat hair, making it appear thicker, and henna is a natural vegetable-based rinse that brings out the reds in dark hair. For blondes, there's a white henna. Both are temporary, usually lasting through five or six shampoos.

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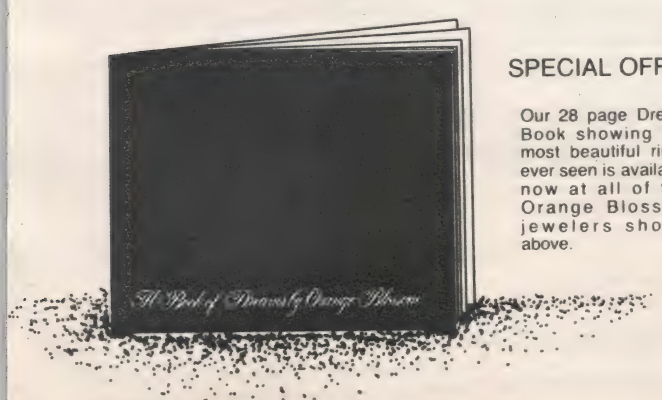


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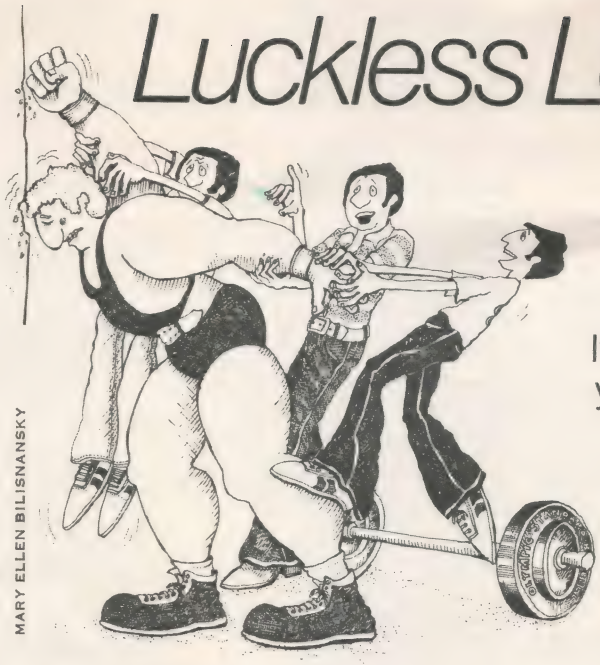
# Luckless Losers



MARY ELLEN BILISNANSKY

## It's not whether you win or lose ...or is it?

***by Janice Kaplan***

Competition makes people do strange things. In an international yachting race not long ago, the ship from England was sailing along in last place. The British crew members were so humiliated that they set the boat on fire and swam to shore. So much for English reserve.

Nobody likes to be a loser. It's embarrassing. Think of it: You're running a mile race for the school track team. Your heart is pounding, your feet are aching and you're running the fastest time of your life. Except that everyone else is a step in front of you, and you finish dead last. What a disgrace—you're a loser.

Or are you?

Marty Liquori is one of the best runners in the world—but he has no Olympic medals to prove it. He didn't even make it to the starting line in the last two Olympics because of torn muscles. He was disappointed at first, but now he's philosophical. "You start to realize that victory is a small thing in itself," he says. "What really counts is the striving."

Some athletes despise losing. Once when Soviet weight lifter David Rigert lost an important contest, he began banging his head against the wall and needed sedatives to calm down. And in a world championship bicycle race, one of the competitors was so upset when he lost his balance that he refused to get up from the track so the race could continue.

Winning isn't always worth its weight in blue ribbons. Often it's the less-talented athletes who set the most importance on records and trophies. When you're not sure of your own abilities, you look for something else to affirm them. Says one sixteen-year-old tennis player: "My dad thinks it's good for me to enter tournaments where I get good competition. But I'd rather enter ones where I can win."

Keeping a rational perspective on victory and defeat isn't easy. The way I figure it, no matter how good you are, someone, somewhere, is probably better. That means we're all losers of a sort—a fact that can be comforting if you don't like to sink alone. For example, Shirley Babashoff is a great swimmer who holds American records in several events. She went to this year's Olympics hoping to snare four individual gold medals, but she came in second every time. When you're second-best, are you a winner or loser? A fourteen-year-old girl who lost in the finals of a national junior tennis championship not long ago burst into tears after the match and was inconsolable for an hour. Finally an exasperated friend asked why she was crying so bitterly. "Don't you know that there are a hundred people here who would do *anything* to be as good as you?" she said.

One track coach I know isn't as perceptive. He thinks that there's first place—and then everything else. "You either come out on top or you've failed," he says gruffly. "Who cares how hard you try? I don't like losers." He doesn't like many people, I guess. Before labeling someone a star or a chump, though, he should remember that winners can become losers and losers, winners. When Baltimore pitcher Jim Palmer was twenty years old, he pitched a shutout game in the World Series. Instant celebrity! The next year he hurt his arm and ended up as a losing pitcher on a lowly team in a minor league. Suddenly nobody paid much attention to Loser Jim. He didn't get discouraged, though, and he kept struggling. The result? He's back as one of baseball's best pitchers.

Nobody enters any sporting contest hoping—or even expecting—to lose. Mental attitude is important in sports, and if you don't *think* you can win, you usually won't. If your self-esteem is low, you've probably lost the game before the first point is played. Winning can't always be measured by stopwatches and trophies because the real test of victory is how you feel about yourself. At this year's Olympics, discus thrower Mac Wilkins admitted that he was disappointed with his toss—which was only good enough to win him a gold medal: "I let down—I could have done better."

Liquori agrees you have to please yourself in sports *(continued on page 24)*

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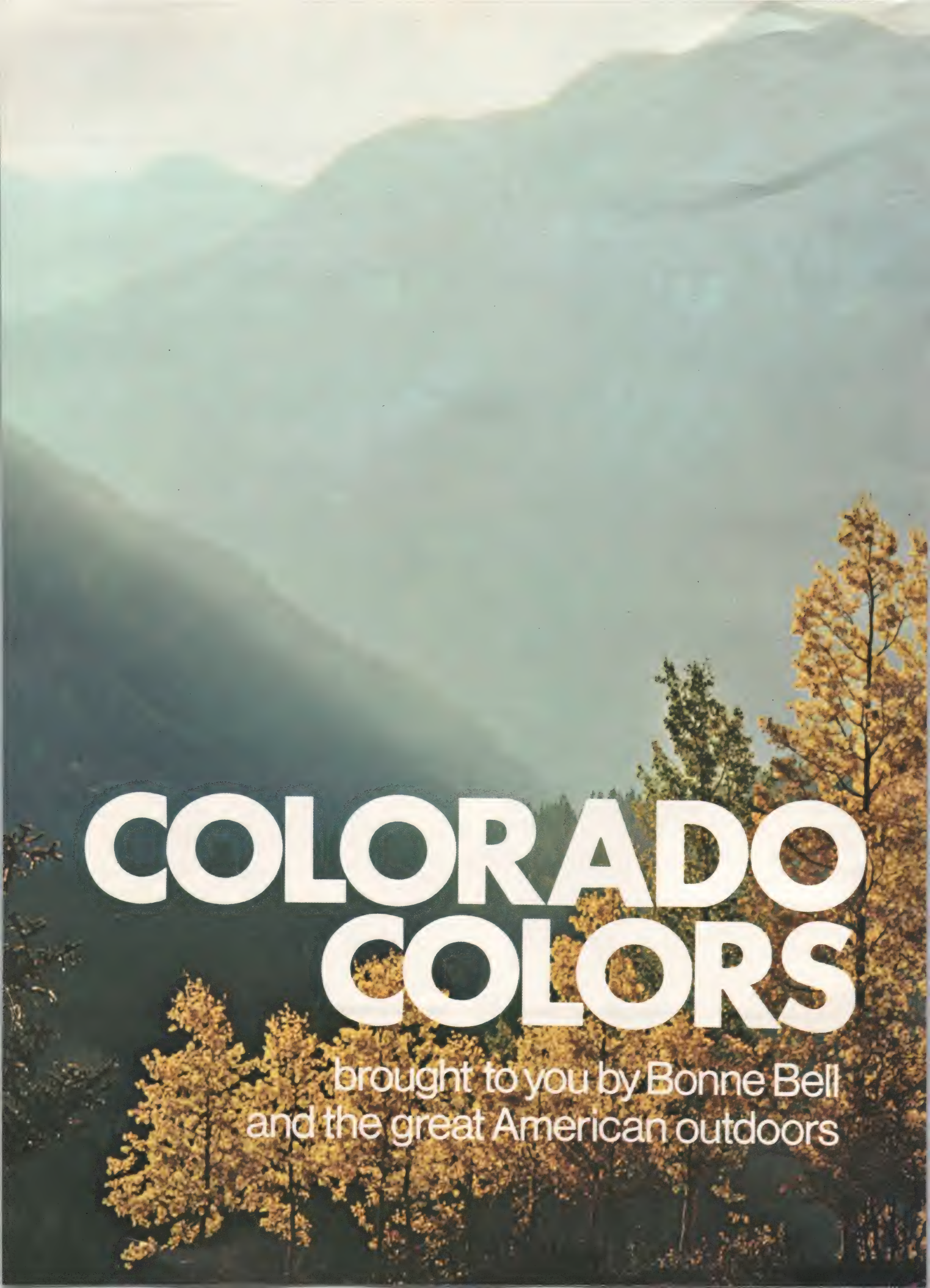
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## LUCKLESS LOSERS

*continued from page 18*

not worry what the world—or friends—are thinking. He insists he's more satisfied with himself this year than when he was nineteen years old and held the world record in the mile race. "In the beginning I wanted fame from my running," he says. "Now I do it for the pure enjoyment and sense of accomplishment that I get from a good race. I dedicated myself to running 100 percent this year, and I was exhilarated by my achievement—even if I was technically a loser."

Some athletes laugh at this kind of pride. Recently, at a major tennis tournament, Arthur Ashe barely beat a young player whom he had been expected to crush. Ashe looked lethargic on the court, and afterward when he was lounging by the swimming pool, I asked him why he hadn't been playing up to par. "What difference does it make how I played?" he asked. "I won, didn't I? If I can play badly and still win, that's fine. It's not how you play that counts, it's whether you win or lose."

Losing is always a disappointment, but sometimes it's more than that. A pro athlete who loses too often will find that her earnings begin to slide. "Joining the pro tour was tremendous pressure for me," says one female golfer. "At every putt I'd begin to think: I have to get it! I'm supporting myself on this!" Every year professional football clubs draft hundreds of college stars who sweat all summer in training camps, hoping to be named to the team's roster. Only a small number actually make it. "You start questioning yourself and your own abilities," says one linebacker who was cut from the Green Bay Packers squad. "You were the greatest in college—and suddenly you're nobody."

Losing makes you reevaluate your own motives and goals. "You go back to square one," says Marty Liquori, "and ask yourself the big questions. Sometimes I'll run my best race of the season after a big loss—because I've confronted myself."

Luck plays a more important part in sports than most athletes like to admit. Steve Williams, a world-class sprinter, was another hard-luck athlete who pulled a hamstring muscle at the U.S. Trials and therefore didn't make the Olympic team. After four years of concentrated training, he never got to prove his talent. "That would be devastating if winning medals meant a lot to you," Liquori says. "But your motives have to be pure. You should compete because you like to."

Dr. Thomas Tutko, a psychologist at San Jose State University, thinks that teens—and their parents—put too much emphasis on winning. It takes time to learn a sport and even longer to learn it well enough to excel. Don't compete before you're ready, or you'll start to think of yourself as a loser—and what kind of self-image is that? If you're the kind who always double-faults in tennis at match point or strikes out in softball with the bases loaded in the last inning, don't despair. "Choking" (succumbing to pressure) in competition is the result of worrying too much about doing well. Relax, have fun—you won't be a loser.

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ARTICLE

# Confessions of a Carrot-top

I decided I'd have to marry a man with dark hair so my children wouldn't end up redheads like me

*by Linda M. Pierce*

I was born with a handicap. This statement is usually met with a burst of laughter, not because people are innately cruel but because my particular albatross is usually regarded with an appalling lack of sympathy. Are you ready? Promise not to laugh, guffaw or even chortle?

I was born with red hair. (Remember, you're on your honor. Would you want the demise of a red-haired person on your conscience? I didn't think so.) Anyway, before you begin to yawn and say, "So what? I have a wart on my chin," let me enlighten you.

When you're a red-haired baby, everyone thinks you're cute. Or at least, that's what they tell your mother, who is either in a state of postnatal shock ("But George, there's never been *any* in my family or in yours!") or feeling a wistful combination of empathy and resigned understanding ("What this poor child will have to endure!").

So they say you're cute and darling and unique. Your mother dresses you in green, green and more green, until you feel like an upside-down carrot (more on carrots later). If you were lucky enough to be gifted with *curly* red hair, you've really got it made, at least according to your mother's friends. Never mind that styles for the next twenty years will proclaim the glories of long, straight hair; you simply spend every spare penny on straighteners and suffer third-degree burns trying to iron your way to Cher-like beauty. And when the freckles start to appear, you search in vain for Howdy-Doody or Alfred E. Neuman look-alike contests!

Of course, life is easy for the first few years. You don't really notice that the other children are tanning while you're either brilliant pink (it looks so *smart* with your green bathing suit) or forced to stay inside to avoid sun poisoning and certain death. ("Poor kid, died of an overdose of red hair.")

As school begins, so do the endless taunts of Carrot-top (the mere sound of the word brings visions of revenge), Reds (I'm beginning to perspire), Woody Woodpecker (I have to stop—my stomach hurts) and other creative sobriquets designed to destroy the sensitive ego.

Most kids experience some degree of humiliation while growing up, often inflicted by thoughtless teachers and principals. But how many children have agonized through a balding, middle-aged man's screams of "Shut up, you little *redheaded* brat!" echoing from one end of the cafeteria to the other? The man—my principal—admitted his error in the next sentence, but the damage was done. I think it was then that I began to dislike myself. Somehow the words *redheaded* and *brat* became synonyms in my mind.

Jokes didn't help either. Oh, they were appreciated, even at my expense, if they contained some wit. But what redhead hasn't been subjected to some would-be comic's saying, "Your face is as red as your hair!" whether the cause be embarrassment or a mild case of sunburn? Some try to manage a weak smile to avoid being told they have a "typical redhead's temper." (I was asked if I had one so often that I *cultivated* one to avoid disappointing people.)

It's sad, but when you're a kid all you want is to be accepted by other kids. The last thing *(continued on page 34)*

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The Oster SIZZ'Lgril... prepares a sandwich for all reasons! Great for snacks or meals... for students, people living alone or on the go.

Oster

***Great ideas in small appliances***

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® Oster T.M. SIZZ'Lgril

From the
Monet®
Bangle Collection.
Bangles in the golden manner of Monet. At the finest stores everywhere.
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# Kmart's new polyester shirt. Looks like silk; costs $5.96.

Pick a pretty pastel shirt and add a touch of good taste to your wardrobe. Looks like silk, but washes like the 100% polyester it really is! Tuck it in or wear it out; the straight-cut hem lets you go either way. A hint of woven-in pattern adds subtle interest. Colors? Peach, yellow, mint, pink, blue and white. The sizes are 32 through 38. The price? A refreshing $5.96.
The place? Over 1000 Kmart stores across the United States.

Kmart®

Not all patterns are available at all stores. THE SAVING PLACE S. S. Kresge Company Troy, Mich. 48084

# The Masumi Experience.

You begin.
You breathe Masumi.
You touch Masumi.
Masumi touches you.
Tranquil. Serene.
As Masumi lingers
your inner beauty emerges.
You feel renewed.
Experience Masumi.

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Available in Canada

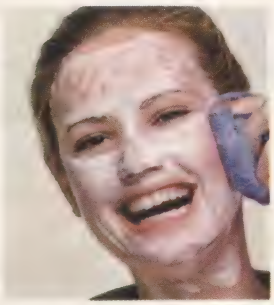
# Get a kick out

# of clean

A delicious tingle. A cool blast. An invigorating lift. A kick out of clean. That's what you get when you wash with Medicated Noxzema Skin Cream.

You can't get it from soap. Or from greasy creams either. Noxzema's the one that gives you a kick out of clean.

Take a scoop of Noxzema. Spread it all over your face. Wet your washcloth.



Work in a circular motion. Now feel it! Noxzema working to help clear away dirt and oil that can clog pores... lead to externally-caused blemishes.

Greaseless Noxzema won't dry your skin like ordinary soap. Or irritate like some scrubs can. In fact, Noxzema leaves your skin feeling soft and smooth. Really clean.

So, morning and night, wash with Medicated Noxzema Skin Cream. Use it a lot. The more you do, the more of a kick you'll get out of clean. And from seeing your skin look as fresh and healthy as it feels.

# with Noxzema

Also minus the waiting, expense, hot towels and mess. But like a salon, VO5 Hot Oil Treatment can make frizzed and frazzled hair shining and supple again. Just bouncing with body and manageability. Even if it's very dry and damaged from daily blowing, hot curling irons, color and "experiments."

And VO5 makes it super easy. Just heat one pre-measured tube and massage in. Then shampoo! You'll have the freshest, healthiest feeling hair ever.

**For a trial size VO5 Hot Oil Treatment, send 50¢ (to cover postage and handling) plus your name and address to Alberto VO5 Hot Oil Treatment, P.O. Box 416, Maple Plain, MN 55359.**

©1976 Alberto Culver Co., Melrose Park 60160.

## . . . CARROT-TOP

*continued from page 26*

you need is to stand out. The fat kid does. So does the kid with stick-out ears. And the redheaded kid stands out too. Even more if you wear pale pink. Naturally, no one passes up the chance to tip you off to the fact that redheads shouldn't wear pink—or red or orange.

Then the teen years.

Wanting to be pretty. Wanting boys to like you, and learning that if you didn't have physical beauty you usually ended up with loneliness. Learning that anything as radical as bright-red hair was too much for an adolescent boy to handle. Unless a girl was perfect in every other way. I wasn't.

Makeup ads, beautiful models and movie stars: None of them had red hair. I found people with dark hair for idols. I decided that I'd marry a black-haired man, because dark hair and eyes were dominant genes, and I *musn't* have red-haired children. It would be too cruel.

Then along came Carol Burnett. She became my heroine. People told me I looked like her. I decided that if I couldn't be beautiful, I would set the world on its ear with comedy. Being funny was a way of being accepted, and I reveled in it. My pretty girl friends told me they wished they were as witty as I was. I don't have to tell you what I wished. I would have given every iota of wit for black hair and a boy friend.

The years passed, and I looked forward to the day when I'd be old enough to dye my hair. I took the step the summer after high school graduation. I decided to stick with shades of red, not only from timidity but for the sake of my complexion. I chose a deep, muted auburn. The results were liberating but strange. Perhaps I left the dye on too long; I had magenta hair!

After further experimentation I found the right color and kept it. My self-image improved tremendously, if superficially, and I swore that neither I nor anyone else would see my natural color again.

I am now a few years older, and I hope, a few years wiser. I stopped coloring my hair a year ago because someone I love asked me to. (Believe it or not, there are grown-up men—and women—who find red hair terrific.) I said I'd try it, but that if it became too traumatic I'd run to the nearest drugstore like a junkie in search of a pusher.

Well, it grew out. And out. I now have the red hair I was born with, and I find that I don't think about it much. I still have funny twinges now and then when I look in the mirror, and I know that the little girl everyone called Carrot-top is still very much alive. But I've learned something. Red hair, like stick-out ears or skinny legs, is a defect only if you allow it to become one. If I had believed I was special at sixteen, others would have believed it too. If I'd only known that then.

# Sheer color. Sheer cover. Sheer you.

That's Cover Girl SuperSheer. The clean, sheer make-up made for girls with good skin. Because even good skin needs a little help. A touch of cover, to hide tiny flaws. A trace of color, for a glowing finish. And clean Noxzema ingredients, so you feel good about your skin.

You love the way you look. Like yourself, only better. That's clean. Clean, the SuperSheer way.

## Cover Girl SuperSheer®

All the make-up good skin needs.

by Noxzema

Cover Girl Cheryl Tiegs.
ANOTHER FINE PRODUCT OF Maxell CORPORATION

# Clean is sexy.

Clean is fresh. Clean is natural. Clean is the way to look today.

Clean is Cover Girl® Clean Make-up. The look-natural make-up that makes the most of what you have and who you are, without looking fake or phony.

Cover Girl covers clean, without streaking. Stays clean, without changing color. Is clean, because it's made with clean Noxzema® ingredients.

You feel good about your skin. You feel clean. You look beautiful.

And what could be sexier?

## Cover Girl Clean Make-up
by Noxzema

*Clean. Because it's made with clean Noxzema ingredients.*

# Be close.

# Be natural.

Arm In Arm™ by Helene Curtis keeps you fresh and odor-free without harsh chemicals. Our spray feels nice and dry going on; our roll-on doesn't feel sticky. Both deodorants work all day with the natural protection of baking soda.

**15¢ Off** Roll-On or Spray

Mr. Retailer: this coupon will be redeemed for 15¢ plus 5¢ for handling, provided coupon is redeemed in accordance with terms of this offer. Any other application constitutes fraud. The consumer must pay any sales tax. Invoices proving purchase of sufficient stock to cover coupons presented for redemption must be shown on request. Coupon not assignable or transferable. Void if prohibited, taxed or restricted. Cash value 1/20 of 1¢. Limit one coupon per family. Valid only in USA. Offer expires Dec. 1, 1977. Send coupon to ARM IN ARM, BOX 1145, CLINTON, IOWA 52734. S-76

HELENE CURTIS

STORE COUPON

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# Poetry

## *Give and Take*

*by Bernadette Bosky, 19, Northbrook, Ill.*

Wait, now.
Listen for a minute,
Joker. I want to know what hurt
you feed inside you, what
scar or canker bleeds your heart.

Someone must have touched there,
once. I suppose
it hurt very much—then.
These things always do. But
come on out. I don't think
it's like that
anymore.

C'mon—stop this show!
You don't have to play the fool
with me. I can see
through all your pretending. And since
your brightest jester's motley
can't hide a tarnished heart, the only
thing to do is take it
out and give it, gift-wrapped, to another.

I think those belled and pointed shoes of
yours have grown too small.

## *Mathematically Inclined*

*by T. V. Rosalik, 19, Dearborn, Mich.*

A mental marvel masquerades
In worn-out socks
And ragged shoes,
Frizzy white hair windswept
Into a Brillo from tangled follicles,
Cropped on top of his head,
A foolish grin
Carefully concealing
Unlimited thought,
A paragon of a man,
Locked shyly away from civilization
In a room of cluttered books
And endless theory,
A genius,
Who changed the pace of existence
And altered destiny
With a weathered hand,
Blackboard
And piece of chalk.

*If you are a teen and have a poem you would like to share with our readers, send it to SEVENTEEN, Poetry, 850 Third Avenue, New York, N.Y. 10022. Please send no more than five poems at one time. We acknowledge only those being considered for publication; none can be returned.*

MAX FACTOR

# Khará

Deliciously sexy.

Cologne Cologne Spray Perfume Perfumed Bath Powder

## Trust means feeling confident

"It's great! When I need help, my friends are right there. I really trust them. And I've learned to trust myself, too. That's why I keep on trying."

If feeling confident every day of the month is important to you, learn to put your trust in Tampax tampons. They're used by more women than all other tampons combined.

Tampax tampons are small enough to fit easily through the same opening that channels the menstrual flow from your body. So there's really nothing for you to be concerned about.

No one has to show you how to use Tampax tampons, either. All the instructions you need are right in the package.

What's really great is to know you're so well-protected without telltale bulges or bulkiness. No wonder so many girls like you trust Tampax tampons to help give them the confidence they need—right from the start.

MADE ONLY BY TAMPAX INCORPORATED, PALMER, MASS.

## The internal protection more women trust

# TACKLE YOUR SHYNESS

**Bashful students in California conquer the blush. You can too**

Shy students at Stanford University in California have a special advantage: They can enroll in a "shyness seminar" taught by social psychology professor Dr. Philip Zimbardo. The doctor is an expert on the subject. He has surveyed over 800 students at Palo Alto High School in Stanford and the University of California at Berkeley and has found that 40 percent consider themselves shy. His most recent research in California junior and senior high schools shows that girls between the ages of twelve and fifteen are shyest of all. But in college more boys are shy.

"Shyness is a personal, private, often painful experience," says Dr. Zimbardo. "The chief difference between the shy and nonshy person is one of self-evaluation. The shy person labels him- or herself as shy and therefore reacts much more sensitively to situations that make everyone uneasy."

Maybe shyness is keeping you from making friends and enjoying new experiences. It could be that others think you're bored, aloof, even hostile. It's distressing—but it's not incurable. Dr. Zimbardo offers these tips:

**1. THINK SHY, AND YOU'LL BE SHY.** Nearly everyone is shy at times. Look around. Are others as self-confident as you think? Ask them. Just knowing how widespread shyness is can make you feel less isolated.

**2. POLISH YOUR ACT.** If you know a blush-producing situation is coming up, practice what you'll say in front of a mirror. Before a party, rehearse saying hello, introducing yourself, asking questions—the usual lead-ins to a conversation: The more prepared you are, the less bashful you'll be.

**3. SMALL TALK IS A BIG STEP.** Once you're in a conversation, don't expect too much from yourself. Others aren't always witty or brilliant—eavesdrop if you don't believe it.

**4. WATCH YOURSELF INTERACTING WITH OTHERS.** Usually, timid people speak too softly. Speak up and look people in the eye, rather than staring into space or down at your shoes. Do others seem to smile more often than you? Acting self-assured won't necessarily make you self-assured, but you'll feel more comfortable, and you'll put others at ease. They'll react more positively to you, which in turn will bolster your self-confidence.

**5. ORGANIZE A SELF-HELP GROUP.** To break the ice, Dr. Zimbardo recommends play readings. Choose short comic pieces, and assign parts in advance, so members can practice. You could also try acting out situations that are difficult for shy people, for example, asking a waiter for service, talking to a boy on a date or speaking up in class. Admitting and discussing your shyness and lending each other moral support is part of the cure.

Dr. Zimbardo's students held a Shyness Sock Hop. Because dances tend to bring out the shyness in almost everyone, students thought this would be a good opportunity to monitor each other's social behavior. They took turns watching the action through one-way mirrors. Later on, they talked about the interactions, their feelings, what they thought they did wrong or right and why. Your group can do this too, even without mirrors.

**6. TAKE NOTES.** Seminar students jot down situations that cause their shy reactions, then try to understand why they do. Maybe at a recent party you stood alone in a corner all night. Was it because you were recalling another party when no one asked you to dance? It could be that you usually expect rejection. Or your shyness may be an excuse to avoid unpleasant situations.

**7. DON'T TAKE REJECTIONS TOO PERSONALLY.** Everyone has been rejected at some time. But a shy person usually blames him- or herself, instead of trying to understand the reason for the rejection.

Seminar students took turns sitting in the "class reject" seat. How did they feel? Ugly, lonely, different, unloved, angry, afraid or uninteresting. Next time you've been rejected, don't put yourself down. Instead, see if you can come up with a valid reason. Maybe no one asked you to dance because you looked unfriendly. Maybe your teacher thinks you're bored. Maybe you didn't get a job you wanted because you didn't have the necessary office skills, not because the interviewer didn't like you. **—Debra Stone**

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# HOT LINES

**Tips on what's going on where**

## HOOPLA

Let's hope you saved your hula hoop, because like many fifties fads, it's back.

Hooping not only is fun, it's slimming. The Alley Oop trick, right, is a terrific waist trimmer: Start spinning hoop at waist; slowly lower to knees. Speed up, and bring it back to waist. Get a free poster full of tricks to try. Write: Hula Hoop Championships, 5430 Van Nuys Blvd., Suite 313A, Van Nuys, Calif. 91401.

## AMERICAN GRAFFITI

Young artists everywhere are taking to the streets, painting murals on any blank walls they can find.

● Art students at Downers Grove High School in Illinois beautified an underpass with a 114-foot mural featuring 200 animals indigenous to the Woodbridge area. Another class converted a wall of the Main Street Village Commoners' building into a tribute to great Americans. Among those immortalized: Will Rogers, "Satchmo" Armstrong and Shirley Temple Black.

● A school wall was the canvas for students at Lincoln High in San Francisco. The result was a colossal sports scene and a rise in morale.

● The feminist movement inspired the 29-by-30-foot Wall of Respect for Women, painted on the outside of a New York City restaurant by Seward Park High students.

Pick up a paintbrush and get in on the act with your

*Lucy Hayes*

**This month attention is focused on the presidency. Why not test yourself on those other occupants of the White House: First Ladies. Match the info in column 1 with the names in column 2**

## LADIES FIRST

*Eleanor Roosevelt*

1. Wife of one president and grandmother of another
2. Wife of one president and mother of another
3. Married in the White House
4. The first president's wife to be called First Lady
5. Hostess for her bachelor uncle, James Buchanan
6. Hostess for her husband and Thomas Jefferson
7. U.S. representative to the U.N. General Assembly
8. An advocate of the Equal Rights Amendment
9. Initiated White House tours for the blind
10. Persuaded the mayor of Tokyo to donate 3,000 cherry trees to Washington, D.C.

a. Harriet Lane
b. Eleanor Roosevelt
c. Thelma Pat Nixon
d. Dolley Madison
e. Abigail Adams
f. Helen Taft
g. Anna Harrison
h. Frances Folsom Cleveland
i. Lucy Hayes
j. Betty Ford

**ANSWERS:**

**1. g (William Henry Harrison, Benjamin Harrison); 2. e (John Adams, John Quincy Adams); 3. h (she wed Grover Cleveland, June 2, 1886); 4. i; 5. a; 6. d; 7. b; 8. j; 9. c; 10. f.**

**—Kardyne Buchanan**

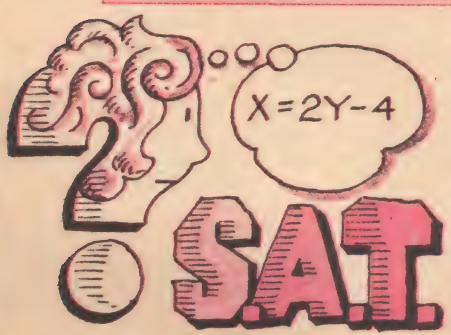
*Harriet Lane*

*Dolley Madison*

*Helen Taft*

*Anna Harrison*

THE BETTMANN ARCHIVE




## TEST PATTERNS

The Scholastic Aptitude Tests are coming up soon. Here, the College Entrance Examination Board answers some of the most common questions students ask.

**HOW IS THE SAT SCORED?** You receive one point for each correct answer, no points for questions omitted. For questions with five answer choices, one-fourth of a point is subtracted for each incorrect answer you give.

**SHOULD YOU GUESS?** If you can eliminate one or more answer choices, guessing from among the remaining choices is usually to your advantage.

**HOW HARD IS IT?** Questions range from easy to very difficult. A question of average difficulty is answered correctly by 50 to 60 percent of the students. If you answer most of the questions and answer slightly more than half right,

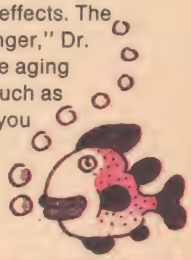
class or club. Make certain to contact the landlord of a neighborhood eyesore or the principal at an old school when you offer to turn the buildings into objets d'art. Your local paint retailer or PTA might donate the supplies you need. And consult *Mural Manual,* edited by Tim Drescher (Beacon Press, $5.95), for theme ideas, designing tips, even a brief history of outdoor wall art and its creators.

**—Lesa and Lori Andrews**

*New York City wall art*

## TAKE A CHANCE

In mankind's early years, when humans were forced to face danger almost daily in order to survive, they were happier, healthier. Risk-taking is now a real need, built into our genes, according to Dr. Sol Roy Rosenthal, professor of preventive medicine at the University of Illinois, Chicago. Because modern life offers few chances to take risks, many people are bored, restless and depressed and may even look to war as an outlet, he believes. The cure: forms of exercise that involve an element of risk, such as skiing, surfing, skydiving, skin diving, mountain climbing, polo and horseback riding. "Risk exercises give us confidence, buoyancy and pride. It's a better high than one can get from drugs or alcohol, and there are only positive aftereffects. The body and mind respond well to small doses of danger," Dr. Rosenthal says. Risk exercises can even retard the aging process and improve your love life. While sports such as tennis and golf may keep you fit, they don't leave you with a euphoric sense of well-being. But, he cautions, to get the full benefit of a risk exercise, the participant should be well trained in the sport, so that the risk is calculated, not foolhardy.



## SOMETHING FOR (ALMOST) NOTHING

**Is down-home cooking your dish?** The free "True-to-Nature Recipe Book," Vol. II, features old-fashioned goodies like Bucks County Beef Stew, and Cookie Crust Fruit Pie. Write Best Foods, Dept. TN-SE, Box 307, Coventry, Conn. 06238.

**Charlie Brown explains the national financial situation** in the free booklet "The American Economic System and Your Part in It," from the Consumer Information Center, Dept. 34, Pueblo, Colo. 91009.

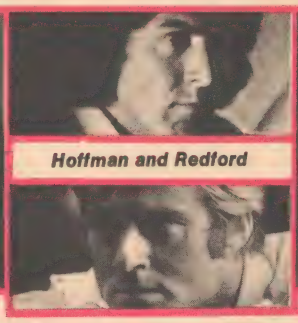
**Turn a corner of your room or dorm into a greenhouse.** The free folder "Indoor Gardening with Indoor Sunshine" tells you how. Send a stamped, self-addressed envelope to the Home Lighting Division, Durolite Lamps, 17-10 Willow St., Fairlawn, N.J. 07410.

**Examining your breasts is a good habit.** "How To Examine Your Breasts" is free: American Cancer Society, 877 Third Ave., New York 10017.

## DOUBLE COVERAGE

Take it off your bed and put it on your back—blankets are this season's newest cover-up. The top designers are calling their high-priced creations shawls, ponchos and serapes, but a blanket is a blanket. It's easy to put together your own low-cost, high-fashion look. Check out bedding departments for bold, fringed plaids, baby's pastels, American Indian patterns, even blankets with zipper closings. They come in all shapes, sizes and shades. Sling a big one over your shoulders like a coat, fold it for a shawl or sew up a poncho. And a cosy blanket makes a warm scarf.

*Lauren Hutton*



*Hoffman and Redford*

*Barbra Streisand*

## CLASS DISTINCTION

Getting through high school isn't easy, never has been. Ralph Keyes, author of *Is There Life After High School?* (Little, Brown), says many celebrities failed to make their mark on campus: Ali MacGraw never had a date. Barbra Streisand was a wallflower too. Top model Lauren Hutton considered herself extremely shy, partly because of the height and figure that later brought her fame. As for men: Dustin Hoffman was self-conscious about his acne, braces, big nose and short body. Robert Redford was "moody," and *Peanuts* creator Charles Schulz couldn't get his cartoons in the yearbook.

In these cases, unpopularity paid off—as class unfavorites compensated for the snubbings they received with their determination to be successful adults. As feminist Betty Friedan prophesied, "If they don't like me, someday they'll learn to respect me."

## RAP-UP

**Teens are talking about . . . the first West Coast Beatlefest . . . the Beach Boys revival . . . hammered metal jewelry . . . turtleneck socks . . . cord ties . . . the election**

you'll get an average score. Average scores for high school seniors in 1975-76 were: Verbal, 431; Math, 472. Ask your counselor for the pamphlet "About the SAT" or write College Board Admissions Testing Program, Box 592, Princeton, N.J. 08540.

# HERE'S HOW

**Tips to take on your financial aid safari**

## STALKING THE SCHOLARSHIPS

Money for college doesn't grow on trees, even for a gardener's daughter with a straight-A average. There's more to winning a scholarship than meets the IQ: The impression you make during the interview, for example, can affect your chances. Judy Newsoroff, former scholarship chairperson for Women in Communications, in Fort Worth, Texas, and Virginia Marx, Texas Christian University's financial aid counselor, reveal what the jurors look for:

● **DEFINE GOALS NARROWLY.** A person who wants to be "a writer" will probably lose out to one who plans to specialize in agricultural journalism. A specific goal shows you have investigated the field carefully.

● **EVALUATE YOUR SPONSOR.** Select a teacher or community leader who works in professional organizations and has good academic connections. Jurors don't like to admit it, but the sponsor can be very important.

● **GET AN A-ONE RECOMMENDATION.** Tactfully ask your sponsor beforehand if you've earned a blue-ribbon letter. A lukewarm endorsement is useless.

● **GET A JOB.** A part-time job—even volunteer work—shows you're responsible.

● **BRANCH OUT.** Judges seek well-rounded people. A good student with extracurricular activities can sometimes win out over a top scholar with none.

● **BE YOURSELF IN YOUR WRITING.** Keep your autobiographical sketch somewhat informal so the scholarship committee can see the real *you*. A presentation that's too slick can turn off jurors.

● **PLAN FOR THE INTERVIEW.** Be prepared to state your goals clearly by anticipating questions. Avoid irrelevant topics.

● **LEAVE PARENTS HOME.** Don't let them accompany you on interviews or act as your agents over the phone. It will make you look immature.

● **SEND A FLATTERING PHOTO.** Good looks can sway a scholarship committee. Neatness counts.

● **APPLY! APPLY! APPLY!** Don't be intimidated by someone else's A's if you're a solid B student. There's a chemistry in the interview-review process—you might emerge the winner.

**—Deborah Holmes**

**Dos and don'ts for doggy disciplining**

## BRINGING UP YOUR PUP

A genuinely bad dog is a rare bird, according to Matthew Margolis, director of New York City's National Institute of Dog Training. Teaching a puppy, he says, is "a learned technique, and if done wrong, results in a problem dog." Mr. Margolis, whose clients include many celebrity dog-lovers, offers these puppy training tips:

**1. Start on time.** It's best to begin training Prince when he's about eight weeks old. That's the time when he can be weaned and brought home to his new owner.

**2. Know your dog.** Puppies, like people, have individual personalities, so adjust your training techniques accordingly. For example, use greater authority with a stubborn dog than with a nervous one.

**3. Avoid punishment.** Queenie doesn't know what you want when you whack her with a rolled-up newspaper. It can frighten or confuse her and may eventually create an emotional problem.

**4. Find the problem.** Instead of punishing your puppy, look for the cause of his misbehavior. Maybe Chauncey is chomping on the sofa leg because he's teething. Rub ice on his gums to numb the pain. Does he whine at night? He's in a new place, alone and scared. Leave a light on; a ticking clock nearby is also reassuring. And if you know Butch gets bored when you're busy, give him a rawhide toy to chew on.

**5. Be positive.** A combination of firmness and encouragement works wonders. Right after Randolph has done something wrong, show him the right way to do it, then praise him. It tells him he has your love and approval as long as he obeys.

**6. Housebreak carefully.** Regulate Rover's food and water intake and notice how soon afterward he needs to relieve himself. Keep track, and you'll know when to make those treks outdoors. If he's about to have an "accident," startle him with a loud "No!" then dash him outside. Never rub his nose in his own feces.

**7. Discourage begging.** If you feed Manfred leftovers, put them in his dish and make sure he eats in his own area.

Matthew Margolis is the author of *Underdog* (Stein & Day, $7.95), a training manual, and coauthor with Maurice Sendak of a cartoon book (see below) about puppy control, *Some Swell Pup* (Farrar, Straus & Giroux, $5.95). **—Alison M. Storipan**

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## TAKE A SKI DAY

Think skiing is just a rich girl's sport? Think again. You can organize a low-cost, high-excitement one-day ski trip for your class or club. **Charter a bus** for your group as much in advance as possible. For 40 people, the round-trip price for a full day should be about $10 per person, depending on the location of the slope. If an **adult chaperon** is required, invite your gym teacher or a friend's older brother along for the fun. **Time your trip wisely.** Avoid holidays completely. If your school will be closed on a weekday—during holiday recess, for example—go then, since prices will be lower and ski areas a lot less crowded than on weekends. Contact the ski area before you go to find out about **group discounts** for instruction, lift tickets and equipment rental. Certain slopes offer inexpensive lunch/lift/lesson packages on weekdays. Check your local ski shop—it may offer **lower group rates** for equipment rental than at the slopes; you'll also avoid long lines at the ski area for renting and fitting boots and bindings. If it's your first time out, don't invest in special **ski clothes.** Long underwear, one or two sweaters, a nylon parka, gloves and a cap will keep you warm and dry. You can spray your jeans with a water repellent. Or get a pair of inexpensive warm-ups—nylon pants that zip over your jeans. Bring along slippers to wear on the trip home. **Pack your lunch and snacks**—sandwiches, a thermos for hot drinks, fruit—in a lightweight backpack and eat in the lodge cafeteria or the bus.

## CHECK UP ON DOWN

There's no doubt about it: down-filled clothes are the warmest, most lightweight cover-ups you can buy. But with all the fillings, styles and prices to choose from, it's easy to get downright dizzy. Use our checklist to clear up some of the confusion:

**READ THE LABEL.** Down is "the undercoating of waterfowl, without any quill shafts." If the jacket contains other material, such as polyester, the label must say so.

**BE PRICE-CONSCIOUS.** Down garments are filled with duck or goose feathers, or a combination of both. Since goose down is lightest and thought by many experts to give the greatest warmth, expect to pay more for it. Other price factors: special features, such as waterproof rip-stop nylon outer shells and extra pockets.

**KNOW YOUR NEEDS.** Want a down jacket for school or for the slope? Looking for fashion or function? Many skiers, for example, like the comfort and freedom of down vests. Campers may prefer double-quilted jackets with hoods. For the fashion-conscious, there are multicolored styles in several lengths.

**LOOK CLOSELY.** Make sure the fabric of your jacket is down-proof: No tiny feathers should stick out, or they'll eventually fall out.

**GET A GOOD FIT.** Your jacket should be snug but not tight. When you constrict the loft (fluffiness) of the garment, you lose warmth.

**TAKE CARE.** Wash your jacket by hand in warm water and mild detergent. Then toss it into the dryer with a sneaker—it fluffs the down. To store, stuff it in a pillowcase.

## MAKING UP IS HARD TO DO

**. . . which is why you might try a professional cosmetics application**

Do all your fingers mysteriously turn into thumbs in the presence of blush and mascara? Recruit the help of a makeup artist! While a professional cosmetics application *won't* turn you into a Candice Bergen, it *will* show you how to put on a prettier face. Mark Nahmias, who helped do the 35 makeovers in the September SEVENTEEN, tells how to get the most from a makeup job:

- **Watch your wallet.** Compare prices. Be sure to find out the total cost of the makeover and what it includes. At most department stores it's free, and you're not obligated to buy anything.
- **Take it all off**—your makeup, that is—before your appointment. But bring along your cosmetics to compare with the artist's, and see which ones you will be still able to use.
- **Face up to your needs.** Have the artist show you how to apply simple, natural-looking makeup. Want to look your best for a special event? Ask how you can dramatize your daytime look.
- **Point out the problem.** Tell the cosmetician about your oily skin, for example—it will help her select the right beauty aids for you.
- **Ask questions.** Don't wait till it's over and wonder "How can I do that myself?" Watch carefully, and after each step look into a hand mirror. Speak up if you don't like the New You. Be open to the artist's ideas. But if you start to look like Emmet Kelly, let him or her know something's wrong.
- **Be realistic.** Don't expect to emerge with perfect features—makeup can't perform miracles. But if *you* think you look better than you did when you walked in, the makeover is a success.

# FOCUS: EAT RIGHT

**Here's food for thought. You can learn how to put on or take off pounds with good habits, keep in top shape just like our models, make smart eating a full-time career, and more**

## HOW WINNERS LOSE

Maybe it's how you eat, not what you eat, that's keeping you overweight. In diet workshops everywhere people are being taught to break fattening eating habits through the use of behavior modification, a scientific way to change poor behavior patterns. Says Dr. Richard Stuart, who helped develop the Weight Watchers program: "You can change the way you eat. It often works where traditional diets fail."

Noticing what, why, where and when you eat is the first step. One way to do it: Start a food diary. Write down each bite you eat, from your morning muffin to your late-night snack. It may be that you're eating more than you think. Then answer these questions:

● **Do you have snacks, not meals?** If so, train yourself to have regular sit-down meals, if possible at the same time and place each day.

● **Are you an automatic eater?** Maybe you've caught yourself eating almost unconsciously—like popping potato chips while watching TV. Keep your mind on the food and you'll eat less.

● **Do you go on binges?** Get rid of foods that tempt you. Never walk past your favorite bakery. Next time you have a craving for candy, wait ten minutes—it will pass. Or go for a walk or call a friend.

● **Are you a junk-food junkie?** Keep apples, raisins and fruit juices around instead.

● **Do you scrape your plate clean?** Leave a little behind.

● **What do you think about when you eat too much?** Maybe your mind is on your ex-boy friend or an argument with your mother. What kind of thoughts send you to the refrigerator for comfort? Eat only when hungry.

● **Do you eat when you're bored, tired or lonely?** Don't try to change your state of mind through your stomach.

**—Rachel Wile**

## SLIM PICKIN'S

You think you're too skinny? "Don't stay up nights worrying about it," counsels Dr. Kristen McNutt, of the Nutrition Foundation in Washington, D.C. "Young bodies are continually changing, and you may not be underweight at all." Individual needs make it difficult to define ideal weight. That's the problem, you may be thinking: No one takes thin people seriously. Not so. Here's help:

● **If you're dropping pounds fast, see your doctor.** "If a weight-related disorder is indicated, it can usually be easily corrected," says Dr. McNutt.

● **Keep a record.** You may not realize how little you eat.

● **High-fat foods are fine for you.** But have ice cream, nuts, peanut butter—not junk food.

● **Eat foods high in calories and packed with protein too:** whole milk, cheese and meats.

● **Feel free to indulge yourself.** Ladle butter on your potatoes, gravy on your meat—the little extras you may be leaving out. And always help yourself to seconds.

● **The more you do, the more you should eat.** If you put in a full day at school and an afternoon of sports, but all you eat is a skimpy breakfast and maybe a burger on the run, you're using up more calories than you can afford.

● **Slow down a little.** Many underweight people burn up calories because they're so tense. You may be rushing around, forgetting—or too busy—to eat. Get plenty of sleep, and take it easy.

● **Channel some of that nervous energy.** Take up tennis, jogging or karate.

● **Work up an appetite.** Walk or swim before dinner.

● **Have frequent small meals.** You'll eat more without feeling bloated. Add snacks to your daily menu: cheese, crackers, blender drinks made with milk and ice cream.

● **Is eating a drag for you?** Experiment with exotic foods. Tempt yourself with something new every day.

**—R.W.**

## MODEL MENUS

**Smart eating tips from four models on our fashion and beauty pages this month**

**Pam Kay (page 106)** believes most models are very food-conscious: "That's because if you don't look and feel your best, it shows up in the photographs. And modeling is a very physical thing. If you're not in great shape, you can't do it—you even look tired." Pam's problem is that she puts on weight if she gives in to her sweet tooth: "If I have a pastry with lunch, I make sure I don't have any other fattening foods all day long."

**Cindy Harrell (page 107)** loses weight readily: "When I'm too thin, I feel very weak. But I just can't eat a lot. I eat all the time instead. I bring fruits and snacks with me on a photo shooting. And I love Chinese food—all those vegetables!" Cindy's crazy about vegetables and once tried to do without meat for a month: "My hair got drab and my nails brittle. I didn't feel right. I think before you try vegetarianism you should know what you're doing—get plenty of protein for sure."

BRUCE LAURANCE

## THE TOO-SWEET LIFE

We've grown so accustomed to the taste it's hard to kick the habit. But that harmless-looking white stuff we pour into our bodies at the rate of 70 pounds or more a year has recently been linked to major diseases, even emotional disorders. It can make you irritable, tired, less resistant to sickness, can cause cavities and add pounds. Refined sugar is a nonfood, without vitamins, minerals or protein.

Protect yourself from the dangers of the too-sweet life. Instead of sugary snacks, have fruits and unsweetened juices. Beware of hidden sugar. It's packed into such things as natural cereals, canned soups and tomato sauces, peanut butter and bread. Be a label reader: Ingredients must be listed in decreasing order of quantity. If sugar is near the top, it's one of the main ingredients. Honey and brown sugar, contrary to popular belief, are really not much better for you. **—R.W.**

## CAREERS: BE A DIETITIAN

You can turn an interest in good food into a full-time profession. As a dietitian you may plan meals for school cafeterias and hospital patients, help industries develop new products, research the nutritional needs of the aged or set up menus for hotels and restaurants. There are dozens of specialties to choose from. According to Julie McDaniel, a registered dietitian with the American Dietetic Association: "It's a fast-growing field. There are unlimited opportunities today."

"I became a dietitian because I wanted to help people," explains 32-year-old Renee Harker, a nutrition consultant for the New York State Department of Health who once worked as a therapeutic dietitian at a hospital. "I wanted to work in a hospital but not as a nurse. I liked teaching but not in the classroom. This field was perfect for me."

Harker has a bachelor of science degree from New York City's Pratt Institute, where her studies included biology, diet therapy, food chemistry, management, accounting, quantity food preparation and experimental cooking. She suggests young people try out the field by working part-time: "My first job was as a tray girl. I set up trays for serving, distributed food, even cleaned up. It helps me in what I do now."

A registered dietitian must receive a four-year degree from a college accredited by the A.D.A., with a major in food science or food service management, nutrition or dietetics, and pass a national exam. Beginning salaries are $9,000 to $11,000 a year, depending on location. Registered dietitians are assisted by dietetic technicians, who have a two-year associate degree, and dietetic assistants, who have had at least one year of preparation in an approved A.D.A. program (some junior colleges and YWCAs have such courses).

For 32¢ in stamps and a mailing label, the A.D.A. will send you a Student Packet with more info and a list of accredited schools. Write A.D.A., 430 Michigan Ave., Chicago, Ill. 60611.

## FEEDING YOUR HAIR

A poor diet can go right to your head, leaving your hair dull and brittle. Fasting, going on and off crash diets and vegetarian diets low in protein can wreak hair havoc. And now scientists report that some diets can cause hair fallout. Dr. Robert Bradfield, clinical professor of human nutrition at the University of California at Berkeley, warns, "If you're on any kind of bizarre diet extremely low in calories and you remain on it for more than two weeks, your hair shifts from a growing to a resting phase. There's just not enough energy to go around. In about two months your hair may start falling out at an alarming rate." The good news: Hair responds quickly to a change in eating habits. It will grow back, as soon as you can eat sensibly. **—R.W.**

**Margie Swearingen (page 130)** says she always wanted to be a model, just like her older sister Cynthia, but at 14 she was overweight: "I put myself on a strict diet and took up swimming and golf." Now model-slim, she still has to count calories: "When I crave junk food, I pop a piece of gum instead. It works for me." And she's lucky: Her favorite foods are now cottage cheese, lobster and broccoli.

**Roberta Richter (page 106)** says eating properly takes plenty of discipline: "I could have ice cream three times a day—but I don't. Most people overeat—they don't need as much food as they think they do. Even eating a lot of health foods can be fattening." Her advice: "Study yourself and find out how much you can eat and still maintain your perfect weight."

CARMEN SCHIAVONE

# BACK TALK

## ARE YOU A WESTERN WHIZ?

**1.** Name the superstar of silent Westerns in photo 1.
**2.** Who is the hero in the white hat in photo 2?
**3.** Name the man in the middle in photo 3.
**4.** Who are the singing cowgirl and cowboy in photo 4?
**5.** *Broken Arrow* (1950), which treated Indians sympathetically, was one of the first adult Westerns. The star?
**6.** Who was the top draw in *High Noon* (1952)? Who sang the theme?
**7.** Presley played a half-breed in which of his early films?
**8.** Who is the gunslinger in photo 5? Where's his nose?
**9.** Spaghetti-Western tough-man Clint Eastwood made his U.S. debut in which film?
**10.** What athlete starred in *The Last Rebel* (1971)?
**11.** In what 1974 movie does a horse get punched?

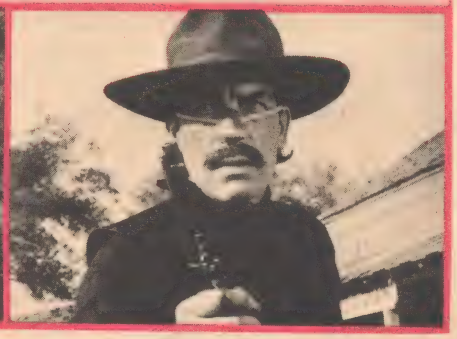
1

2

3

4

5



**ANSWERS:**

**1. Tom Mix, in his last film, *The Miracle Rider* (1935)**
**2. Buck Jones, in *The Crimson Trail* (1935)**
**3. William Boyd as Hopalong Cassidy, with Andy Clyde and Russell Hayden (1941)**
**4. Roy Rogers, Dale Evans, in *Along the Navajo Trail* (1945)**
**5. James Stewart, with Jeff Chandler as Cochise**
**6. Respectively, Gary Cooper, singer Tex Ritter**
**7. *Flaming Star* (1960)**
**8. Lee Marvin as badman Tim Strawn in *Cat Ballou* (1965) His nose was bitten off by a dirty fighter**
**9. *Hang 'Em High* (1968)**
**10. Joe Namath**
**11. *Blazing Saddles***

**There are over 200 more questions and answers and movie stills in *The Westerns: A Picture Quiz Book* by John Cocchi (Dover; $3).**

## SHOW & TELL: FORGOTTEN PIONEERS

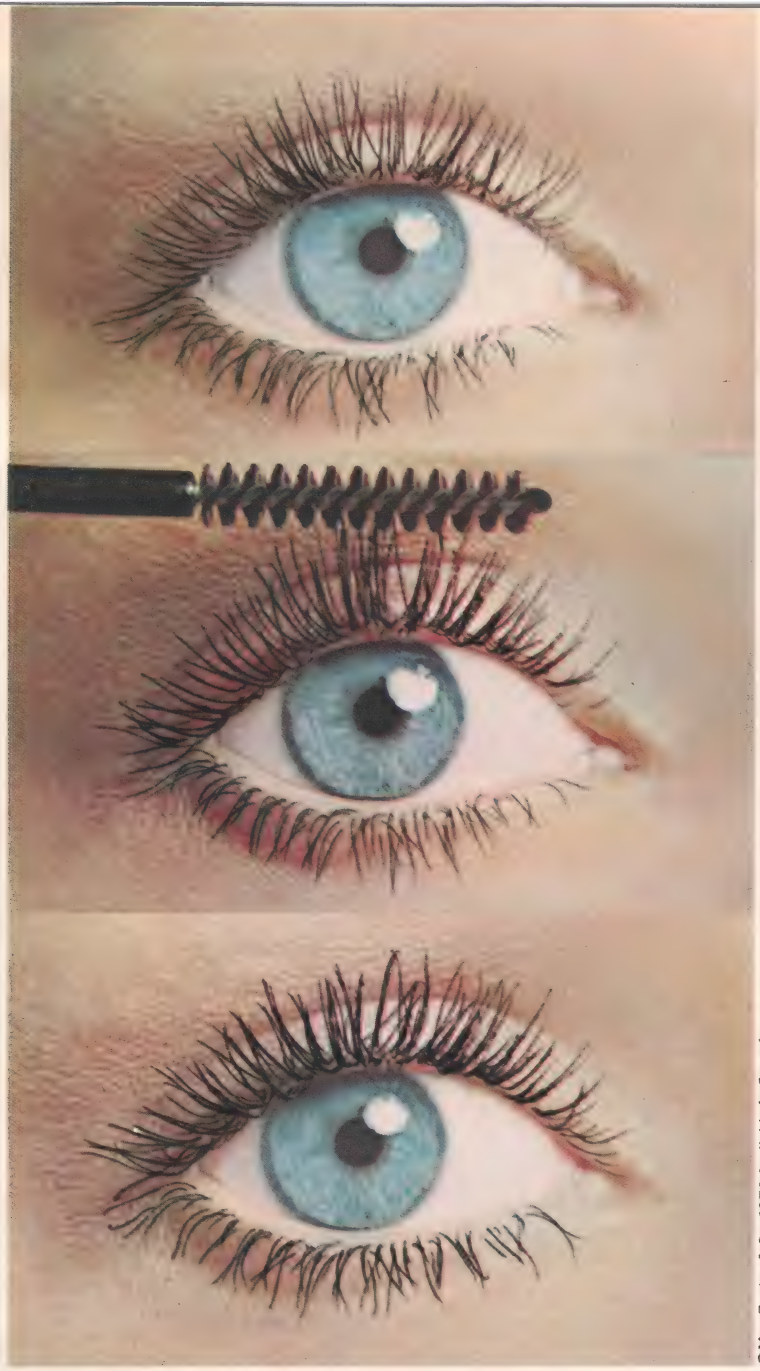
*Cowboy "Deadwood Dick" Love*

SMITHSONIAN INSTITUTION TRAVELING EXHIBITION SERVICE

**Black history:** In 1869, ex-slave Nat Love left his Tennessee home and went west to become a cowboy. Few have heard of Love, also known as "Deadwood Dick," though he had as many adventures as popular folk heroes Bat Masterson or Billy the Kid. Love was one of the many *black* frontiersmen rarely mentioned in history books, Western movies or fiction. Learn about the blacks who helped settle the other side of the Mississippi in *The Black West: A Documentary and Pictorial History* by William Loren Katz (Doubleday/Anchor; $5.95).

**The story in pictures:** Catch up with this road show. The saga of blacks in the West is told in a traveling exhibit of photographs and biographical sketches from the Smithsonian Institution. For example, there are glimpses of a man called York, interpreter for the Lewis and Clark expedition; Jean Baptiste Du Sable, founder of Chicago; and two Civil War regiments who fought on the Union side. "Blacks in the Westward Movement" will be at Hempstead High School, N.Y.; Delaware State College (Dover); Valparaiso University, Ind.; California State University (Long Beach); Willamette University, Salem, Oreg. November 13-December 12.

**Frontier women:** Not all women who went out west in the 1800s were crinolined creatures who timidly followed their husbands. Take Dame Shirley, who lived in a Sierra Nevada gold mining camp and "liked the wild and barbarous life"; Juliet Brier, who walked across Death Valley; Ann Eliza Young, the nineteenth wife of Mormon Brigham Young, who left him to campaign against polygamy; and Agnes Morley, who ran a cattle ranch. Their stories and others are in *Women of the West* by Dorothy Gray (Les Femmes; $5.95).



©Max Factor & Co. 1976 Available in Canada.

# Thicker and thicker and thicker lashes. Quick.

Pure Magic's Quick 'N Thick Mascara actually makes lashes much, much thicker with just a few quick strokes.

Thick lashes that curl and separate beautifully. All because of a specially designed skinny brush that fattens up lashes fast.

And makes corners and bottom lashes easy to get at.

Waterproof, smear-proof, tear-proof, fast-drying. With no messy build-up when you put more on. Get quick 'n thick lashes with Pure Magic Quick 'N Thick Mascara.

## Pure Magic Quick 'N Thick Mascara
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# Furniture for lovers

Is there any more charming way to start your lives together than with his gift of a love chest? A place to keep all the treasured things that belong to the two of you, until the day you move into your first home. The lovely old patchwork quilt Grandma gave you. Those wild bath sets you picked up at the white sale. Fluffy blankets, lacy table linens. All kept safe and clean in cedar fragrance, under lock and key. On the opposite page are just some of the styles we make. For folders showing more love chests, and other Lane furniture, send 50¢ to The Lane Co., Inc., Dept. A110 Altavista, Va. 24517. In Canada, Knechtel Furniture Ltd.

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# A love chest. It gets something beautiful going for you.

**And when you're home from the honeymoon and move into your first apartment, you'll find your Lane chest more practical than ever as a handsome piece of storage furniture.**

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*2930-01 oak**

*2399-11 mozambique**

*2499-31 oak**

*2791-32 pecan**

*4114-23 oak**

*2787-15 backberry**

*4174-91 oak*, simulated wood carvings*

*2760-52 tulipwood**

*2746-66 white or cherry**

*2729-06 pine* or maple**

*2743-22 pine**

*2929-43 maple*or pine **

*2757-91 oak*, simulated wood carvings*

*Left Page: No. 4149-06 Pine*. Also Maple,*or Antique Red, Green or White.*

**Veneered Construction.*

# What a set.

Use Kindness® Conditioning Setting Spray with your hairsetter and what do you get?
Fast, longer-lasting sets.
Its protein-enriched formula locks in curls, and adds body.
Kindness Conditioning Setting Spray for heated rollers. From Clairol.

**Makes your hairsetter do better.**

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Take Trendar...the total menstrual tablet and wear your sleekest pants...your skinniest bikini and be your own cheerful self. Trendar® helps relieve pain and cramps promptly. But, unlike the leading tablet, Trendar has special ingredients that help prevent the uncomfortable water build-up that bloats you out of shape...and so eases the tense unhappy feelings that go with it. No prescription needed. Take only as directed.

MAKE IT

# Life of the Party

Sew a whirly, twirly one-size tube-top dress in almost no time

KEN KORSH

**YOU'LL NEED:** A tube top, a flat twin sheet cut to size (here, Martex Streamers pattern): 6-by-36-inch piece for top panel, 10-by-72-inch piece for middle, 27-by-128-inch piece for bottom, 3½ yards each of four different-colored ribbons, ⅜ inches wide.

**PROCEDURE:** Seam allowances are ½ inch. Cut panels to size (bottom panel will have to be pieced together). Fold top panel right side in; stitch 6-inch ends together. Press. Leave panel wrong side out; place tube top inside panel, right side out, matching bottom of tube top with one raw edge. Stitch together, stretching tube as you go to make gathers. Fold middle panel right side in; stitch 10-inch ends together. Press. Gather one raw edge to measure 35 inches. Right sides facing, pin raw edge of top panel and gathered edge of middle panel together; stitch. Fold bottom panel right side in; stitch 27-inch ends together. Press. Gather raw edge to measure 71 inches. Right sides facing, pin raw edge of middle panel and gathered edge of bottom panel together; stitch. Hem bottom. For shoulder ties, cut two 18-inch lengths of ribbon from each color. Mixing colors, tack two pairs of ribbons to front and two pairs to back of tube top. Tie in bows. Tack remaining four ribbons to center back of waist; tie in front; cut ends to different lengths.

I can't seem to forget you.
Your Wind Song stays on my mind.

*Wind Song* Perfume by Prince Matchabelli

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**Makes your hairsetter do better.**



# Rolfs new Tuck-N-Take™ is more than an open and shut case.

Here's a new french purse with two separate credit card pockets and a new pass case for ID's, license, and photos. But what's really new is that a Rolfs Tuck-N-Take lets you tuck your bills in the currency pocket, and take them out through the coin purse. The new Tuck-N-Take, like all our products, shows that Rolfs knows all the ins and outs of fine leather.

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# Get It Together

**. . . with a superific sweater and skirt set!** They pair up for pretty holiday dressing and coordinate with your wardrobe for plenty of schoolday looks. A white background with a pattern of red snowflakes colors the blouson sweater. Accents: crew neck, elbow sleeves and drawstring waist. The pull-on skirt is red with a white snowflake border above the hem. Of acrylic knit, by CollageDress; $36. For stores, write to CollageDress, 1407 Broadway, New York, New York 10018.

# I can't wait to grow up. But I love now.

Someday, I'll be a grown woman. But I'm not in any hurry. I'm having too much fun now.

STAYFREE* Mini-Pads help. By making my life now a little easier. They're actually the third kind of feminine protection. Little pads—much, much smaller than full-size napkins.

They're right for lots of times. When a full-size napkin is too bulky, or too much. Or when a tampon all by itself isn't enough protection.

Or when you're expecting your period, and you just need that little extra security.

STAYFREE Mini-Pads are so comfortable, because they're thin, you hardly know you're wearing one. And so small, they're nearly invisible.

They're also convenient, because they're beltless. With a self-adhesive strip that really works.

And they've got a moisture-proof blue shield. For a little peace of mind.

# They fit your life now.

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Butterick 5142 by Gil Aimbez

## introducing another fashion first from Butterick

Gil Aimbez, the young, exciting designer Butterick's discovered has so much fashion know-how and savvy, you'll be glad you discovered him too! Sew up the Gil Aimbez "prairie girl" dress, Butterick 5142, or look for more Gil Aimbez designs in the December dated Butterick Patterns Catalog at your favorite fabric and pattern center.

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# Wraptures

If you're giving unusual gifts, use imagination to create picture-pretty wraps

## Bag it

Try bagging presents like plants and puzzles instead of boxing them. Cut paper 12¼ by 12 inches. Right side out, fold almost in half, leaving ¼ inch overlap. Fold overlap over; glue in place with white glue (above, top photo). Fold up bottom 3 inches (half bag's width). Separate edges of folded part; flatten to form two triangles (center). Fold two outside points in to meet at center (directly above). Glue in place. Trim top with pinking shears (below) for a perky finish.

## Gifted alternatives

If it won't box or bag, try one of these easy-do ideas. Clockwise from top left: **With pinking shears,** cut a fabric square 9 inches larger on all sides than gift. Tie two opposite corners into a knot at center; repeat with other two corners. **Recycle an empty sardine can.** Wash thoroughly, spray-paint and fill with fragrant bath oil beads. **Package candles** or posters inside a paper tube; wrap with table napkin or scarf. **Line a mushroom basket** with a piece of burlap. Sew a casing at top for a twine drawstring. **Spray-painted clamshells** keep their contents secret. Glue ribbon inside for a hinge; decorate with decals, ribbon ties.

## Can't bow?

If you're all thumbs when it comes to bows, try these. Cut flexible drinking straws (above) below flexible part; flatten; attach with rubber cement. Crisscross leftover ends; staple in center. Hide staple with curled piece of straw. Attach with double-faced masking tape. Glue flower- or shell-shaped fabric cutouts (above right) to index cards for backing; write your message on the back. Attach with double-faced tape. To tote a gift (above), tape on two strips of ribbon. Loop another strip through for handle.

## Bowing it

Make a cluster of ribbon violets. For each, cut two 6-inch lengths of ⅝-inch satin-finish ribbon. Cut ends on a slant. Form S shape; tie together in center (top) with thin yellow ribbon; knot tightly. Fluff out petals with point of scissors (center). Repeat with other ribbon. Crisscross bows; glue together with white glue (above).

*Photographed by George Adams, Herb Gorgoglione. Papers by East House. Designs by Rowann Gilman, Elaine Gross*

Lashbrite, Lashbrite, First star I've seen tonight.
I wish I may, I wish I might, Have the eyes I wish tonight!
Lashbrite's New Creaseproof Cream-on Shadow with the 'Magic Wand' sponge tip! It's a magical new kind of eyeshadow – softer than cream – that makes you look misty and starry-eyed. The special sponge applicator highlights, shadows, lines, underlines your eyes easily with creaseproof, smudgeproof color that's kissproof, too. It's definitely the most romantic eye makeup in the world.
Six soft startwinkle colors: Frosty White, Frosty Sky, Frosty Blue, Frosty Brown, Frosty Green, Frosty Turquoise.
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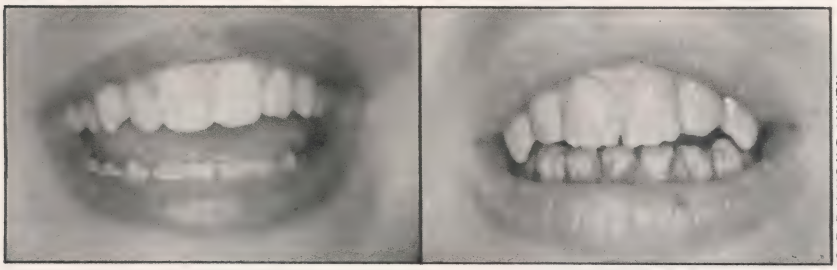
# To Your Health!

## some truths about teeth



HENRY DWORK, D.D.S.

In a twist on normal dental treatment, Linda Blair's pretty smile (left) was transformed for her role in *The Exorcist*

Dental care is a vital part of staying healthy, and going to the dentist is something we all have to live with. However, the more you know about your teeth, the better your chances will be of keeping them in top condition. To this end, we've consulted with two leading practitioners in dentistry and orthodontics for answers to the questions teens ask most often.

Our experts are Henry Dwork, D.D.S., the New York dentist who devised Linda Blair's demoniac teeth, above right, and Thomas McGuire, D.D.S., of Berkeley, California, author of *The Tooth Trip,* a lively paperback guide to dental care through self-examination and home treatment; Random House.

**Can I change the color of my teeth?**

Tooth color, like skin color, is inherited, and there is no practical way to change it. If one tooth is darker than the others, however, it can probably be made to match. Your dentist may be able to lighten the tooth with a concentrated bleach, or if you are sixteen or older, he or she can add a porcelain jacket in the right color.

**My teeth are so irregular-looking. Can I get them smoothed out somehow?**

Porcelain jackets are useful here too. They can be carved in any shape to cover irregularities, and while this procedure isn't cheap, you don't have to be a movie star to do it either. It's a question of how unhappy you are with your natural teeth, and what it's worth to you to alter them.

**How can I tell if I'm brushing right?**

Ask your dentist for some disclosing tablets. When you chew one, a harmless vegetable substance is activated, leaving a red stain wherever plaque (food and bacterial buildup) is present. If you see red, you know you have to brush again!

Dr. McGuire recommends the Plak Lite, a viewing device which also reveals plaque. A preventive dentistry kit containing toothbrush, plastic dental mirror, dental floss and disclosing tablets may be ordered through your dentist.

**I have a space between my front teeth. Can it be closed?**

"You are in interesting company," says Dr. Dwork. "Lauren Hutton, Revlon's supermodel and million-dollar corporate image, has the same problem. And she's photographed as frequently without her Hollywood bridge, which is a removable space-filler, as with it."

For girls who want a permanent space-filler, there's a technique that uses acid to etch the surface, then fuses a synthetic material to the microscopic pores of your own tooth enamel, with a very natural-looking result. And it can be done in one visit.

**I'm very big on sports. How can I protect my teeth?**

Contact sports and even tennis are potentially hazardous, especially to the large front teeth. The best protection is a mouth guard. Most of these are made of soft plastic, like the smile guard worn by James Caan in *Silent Movie.* If you're soccer- or hockey-happy, it's almost imperative that you wear one! Prices are reasonable; the Denta-gard, available through dentists, is about $3.

**My brother broke his front tooth in a football game. Does he have to get a false tooth or can he have his tooth "rebuilt"?**

When a tooth breaks this way and the nerve is exposed, root canal work is usually performed. The pulp in the center of the tooth is removed and replaced with an inert material which seals the canal. If the missing portion is small, a tooth-colored resin-bonded composite can be used to replace it. With a bigger break, a jacket or crown is needed. Replacing the whole tooth is rarely necessary.

**Why does it hurt sometimes when I chew?**

You may have a problem with your bite, or jaw closure. It's important to check with your dentist. The problem may be minor and easily corrected, but some problems might require orthodontia. Dr. McGuire lists some things to watch for:

When you bite down without food in your mouth, do you seem to be biting first on just one side of your mouth?

When you close your mouth, do you feel that you are hitting first on just one tooth or filling?

Are your teeth sore for no reason, especially when you chew?

Do you seem to be chewing differently than you used to?

When you check your teeth with a mirror, do you see a shiny wear spot on any of your fillings? This shows up most clearly on silver fillings, where you'll see a bright spot on an otherwise dull filling.

When you open your jaws, do you hear a cracking or popping sound?

Are the muscles toward the back of your jaw sore, possibly making it difficult to open and close your jaws without discomfort? (Such soreness could also be caused by wisdom teeth; more about this later.)

**Why do some kids have to wear springs or rubber bands?**

They're used to create the tension needed in certain cases to exert the force that will gradually move a tooth to a more desirable location.

**What is a night brace?**

It's a brace that does its work while you sleep, thereby permitting you to have a more normal appearance the rest of the time.

**I am twenty. Is it too late for me to try wearing braces?**

No. Teeth and bone are dynamic tissue, which will always respond to stimulation, regardless of age.

**Are bleeding gums serious? Why would they affect something as strong as a tooth?**

It's hard to imagine that a tough, hard tooth would be influenced by the soft bed of gum tissue it sits in. But gum infections and disease can loosen the tooth's moorings, and more teeth are lost this way than from tooth decay itself. If you have bleeding gums, see your dentist and find out why.

Answers to specific questions about gum disease, cysts, oral infections and oral surgery may be obtained by writing to the American Society of Oral Surgeons, 211 East Chicago Avenue, Chicago, Ill. 60611.

**I get swellings in my jaw and a sore throat from time to time. Why?**

This is usually caused by third molars (or wisdom teeth), which ordinarily erupt in the late teens or early twenties. They are vestigial, or no longer necessary for the normal function of your teeth and jaws, and should be removed as early as possible, before they cause trouble. They can be removed in your dentist's office or if necessary by oral surgery. One of the troubles: gingivitis, or inflammation of the gums. Need we say a word more?

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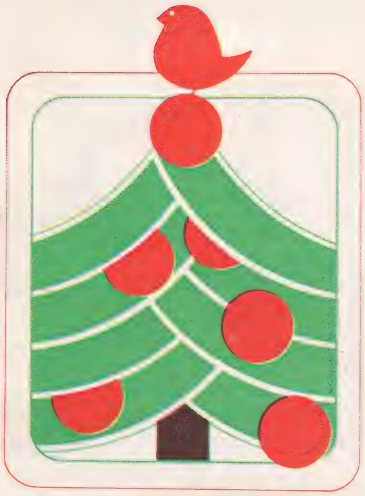

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HOME

# Growing Things

Norfolk Island Pine
(Araucaria excelsa)

MALCOLM SPOONER

**Have Christmas all year round** with your own mini-evergreen. The Norfolk Island pine makes a dainty holiday tree when decorated with tiny cookies and miniature ornaments. Despite its hardy appearance, the pine needles bruise easily, so keep the plant away from frequently used areas. It's also important to keep it out of drafts. This plant likes coolness, not cold, so don't plant it outside unless you live in a warm climate. Ideal temperature is about 50 to 60 degrees; if the room is too warm, the lower branches will begin to fall off. Give it lots of room to spread out. It should grow to be one to three feet tall.

Each year this plant grows a tier of branches (usually six) with soft, bright green needles, symmetrically arranged on the central stalk. Filtered sunlight is best (east or west exposure); slow growth will prevent too much space from forming between the tiers. Pot in ordinary garden loam with gravel underneath for good drainage. Let the soil remain dry for a day or so between waterings. Repot every two or three years, whenever the roots become cramped. It's a good idea to top-dress the soil (replace an inch of the old soil on top with fresh soil) each spring. Tip: The smaller the plant when you buy it, the better its chances are of surviving.

I figured it this way: My dandruff wasn't that bad. And if I did something to control it I was afraid my hair might be drier. Not as pretty. And it might smell funny.

Well I heard that Head & Shoulders smelled nice, lathered great and was gentle on your hair. Kept it shiny and bouncy and controlled dandruff at the same time. I wasn't convinced, but I thought I might as well give Head & Shoulders a try.

I've been using Head & Shoulders ever since. And look at my hair. I love it. But looking doesn't tell even half the story. My hair feels wonderful. And Head & Shoulders controlled my itches and flakes.

With Head & Shoulders you don't have to give up a thing. Except a little dandruff.

*I never tried a dandruff shampoo because I thought I'd have to give up my soft, shiny hair. Then I used Head & Shoulders.*

6571BF

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For stores nearest you, write Bobbie Brooks, Dept. S-11, Cleveland, Ohio 44114. Bobbie Brooks, U.S.A., Australia, Brazil, Canada, Central America Common Market, Colombia, European Common Market, Greece, Jamaica and Caribbean area, Japan, Mexico, New Zealand, Panama, Singapore-Indonesia, South Africa. Copyright 1976 Bobbie Brooks,. Inc. All rights reserved. Prices slightly higher in the West.

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For the clothes you care about

# NOW...PUT THE BRAKES ON BREAKOUTS WITH NEW BARE FACE® DISAPPEARING ACNE FOAM!

Before Bare Face Acne Skin Medicine was born you were pretty helpless against all those blemishes that kept popping up just when you were starting to roll. Now Bare Face helps put you in control of your complexion. Because it not only spot treats each blemish, but used every day, it also cleanses and treats your whole face to help prevent new ones.

And Bare Face is so different—so convenient to use because it's a disappearing foam. Not a drippy liquid, greasy cream or messy pad.

So take control of your complexion with new Bare Face. Because bare is beautiful!

*If you have questions regarding the use or effectiveness of Bare Face, ask your physician. Most physicians have been provided with complete product information.*

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# What's New

Super gifts for just about everyone on your list

**It's a natural:** an attractive magazine rack, right, made of birch and off-white cotton duck with green lettering. It comes with easy-assemble instructions. By Squire & Small; $7.50.

**Ten-four!** Someone with a passion for citizen band radio will flip over Libbey's CB Jargon glasses (not shown), decorated with the colorful language of CB. Four 16-oz. glasses; $3.50.

**Go skiing with Snoopy,** left. For a little sister: needlepoint one of her favorite Peanuts characters. This Snoopy kit contains a preprinted design on canvas, red, white and blue Creslan yarn, tapestry needle, mounting board, easy-to-follow instructions and an 8-by-10-inch frame. It's made by Malina Company; under $4.

HERB GORGOGLIONE

**Just travelin':** The Village Travel Pack, right, goes along, with bath oil, talcum powder, body lotion, shampoo and cream rinse. Available in five nature-fresh fragrances; $7.50.

**Make scents** with A Touch of Jontue (not shown). It's a handy purse-size vial of perfume concentrate with a touch-tip applicator. By Revlon; .4 oz., $4.50.

**Time is of the essence!** Give it with a microelectronic digital watch, left. It has quartz crystal accuracy, five time functions—month, day, hour, minute and seconds—and no moving parts to wind or clean. Runs on batteries. By Texas Instruments; $21.95.

**A special friend** would like hypoallergenic pierced earrings by Unique Jewelry (not shown) if she's allergic to the nickel in gold posts. These have surgical steel posts to limit the possibility of allergic reactions. Pearl, rose, daisy and coral styles; each $4.


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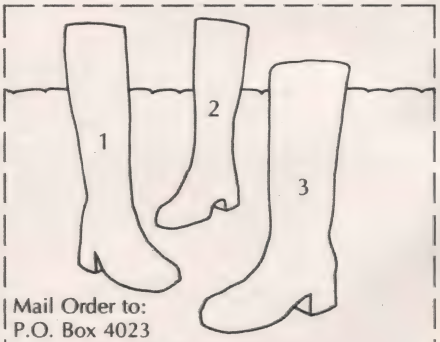


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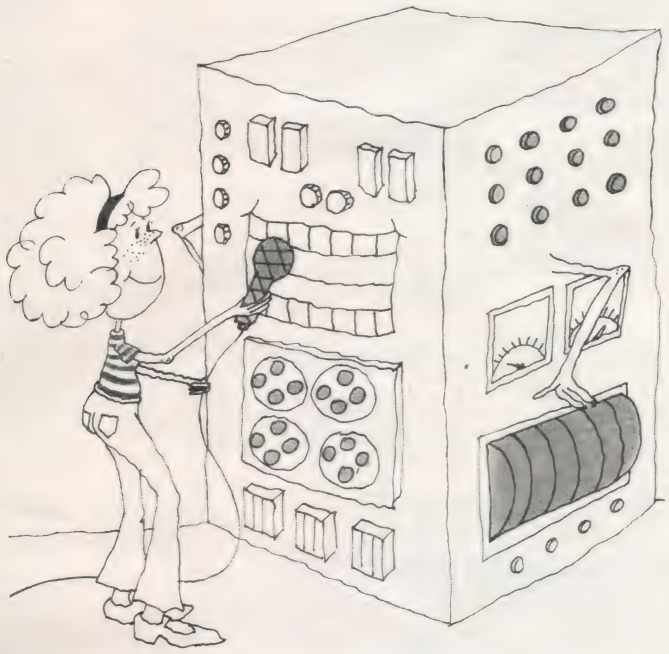
A grab bag of your ideas and impressions



## Media Mania

"Quiet on the set!

"Lights! Camera! Action!"

"Hello, my name is Debbie Slonim, and with me here today are..."

Sound exciting? You bet! It's the beginning of a thirty-minute show produced and taped by journalism students at Livingston High School. "What's Happening at LHS" broadcasts twice weekly on public-access television over a ten-mile radius. Our reporters are constantly looking for news and the personalities who create it. We've interviewed the school tennis star, a professional model and even cornered the new computer.

Our production units, from the camera team to lighting and sound personnel, are on their toes every minute too. The cable TV company lends us a Sony Porta-Pak camera, but we have no editing machine to splice out errors. The show is aired just the way it's taped, with no second chances.

Occasionally tempers flare when things go wrong, and interviewers can get the jitters. But producing a show is good practical experience. High school journalism classes interested in going on the air should contact their local cable TV company. Many offer public access to schools, libraries and other civic and student organizations.

**—Debbie Slonim, Livingston, N.J.**

*More on page 74*


**"Look ma, I'm a sexpot."**

I never dreamed I could be a sexpot till I found Pot O'Gloss. It's the sensual way to make up. Because it's lipcolor you can see, smell, taste and touch.

With a flick of the finger, I've got ripe, luscious, shiny lips. And it's in self-service cosmetic sections everywhere.

I can't believe it's me. (Don't worry, ma. I'll be home by midnight.)

**Pot O'Gloss. The sexpots from Yardley.**

# What makes Cachet different on Nancy and Melissa and Pat? Nancy and Melissa and Pat.

We know you don't want to look like the next girl. Or wear a fragrance like the next girl's either. That's why we created Cachet. It's different on every girl who wears it. You see, aside from being fresh and fascinating on everyone, Cachet was designed to pick up your own chemistry. So Cachet can be as individual as Nancy or Melissa or Pat. But on you it's only you. Cachet. You'll feel like you're the only girl wearing it.

Cachet by
Prince Matchabelli.

Pat Sanna raises and trains Spaniels for show. "These dogs are high-strung. If you're not sure of yourself, they sense it and won't obey." Pat is sure of herself. She knows exactly who she is. So does Cachet.

Melissa Huffman and her husband don't worry about who brings home the bacon and who cooks it. Melissa works as a designer 9 to 5 so Jim can study 9 to 5. It's not having rules or roles that gives Melissa a strong sense of her own individuality.

Nancy Benedict's way of getting her head straight is to stand on it. "Yoga's terrific for limbering up. But ultimately, what I find in yoga is me. The same me I find in Cachet."

## Cachet. As individual as you are.

**Jumpsuit & Follow Suit!**

**Brightest new Angles on color-swapping coordinates! Yours, in 100% cotton corduroy, sizes 5 to 15. Suspender Jumpsuit about $34, Blazer $36, fly-front Pants $21, Vest $16. (Our Classic Shirt $13, Bow-Blouse $14.*) For all the new Angles write Pandora Industries, Inc. 1407 Broadway, N.Y. 10018.**

*40% Arnel, 30% polyester, 30% rayon

# Bangles and beads might catch his eye. But...

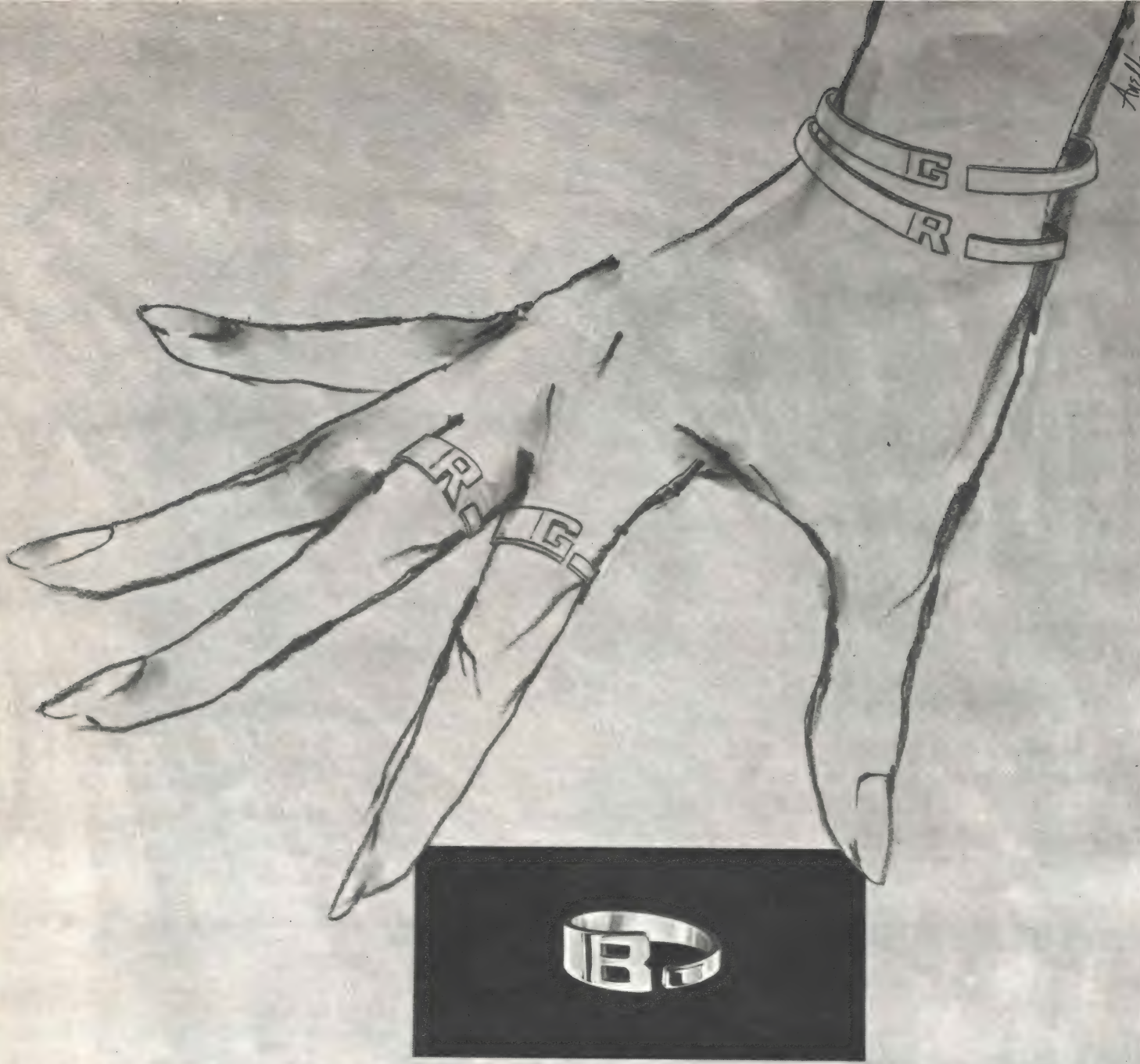
# ...a brilliant Close-up smile and fresh Close-up breath might even capture his heart.

Close-up® is that shimmering, freshening gel toothpaste with two special, gentle whiteners to polish your teeth as white as they can be... plus a tingly real mouthwash to dazzle your breath.

Maybe that's what's been missing all along.

regular flavor or fresh mint

Put your money where your mouth is. Buy Close-up toothpaste. He'll notice.







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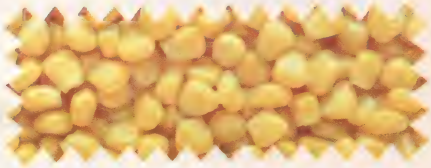
Slip into fabulous initial rings and bracelets by Biagi.
The initials are delicately carved in gleaming golden tones and accented by slim silver toned bands.
A perfect gift for yourself . . . or for a friend.
At fine stores everywhere. Bracelets $6. Rings $3.

Biagi

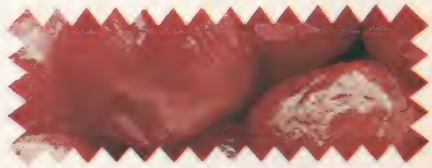
Biagi, the women's jewelry division of SWANK, Inc.

# THIS SEASON'S SMARTEST COLORS.

*Carrot Kiss.* The thinking person's feast for the eyes (Vitamin A).

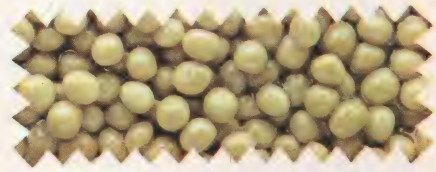


*Corn Yellow Mist.* One smart way to stronger bones (Phosphorus).

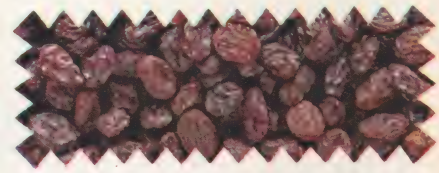


*Ruby Tomato.* An idea to sink your teeth into (Vitamin C).

*Apricot Sunset.* A thought for your skin that's more than skin deep (Vitamin A).



*Perky Pea Green.* Using your head to care for your hair (Protein).



*Raisin Glow.* An idea that gets into your blood (Iron).

This is the look smart women are wearing this season—the glow of good nutrition. Del Monte can help you get it—with 235 items labeled with nutrition information. And with the new Del Monte Nutrition Basics Chart, which you can get by writing: Dept. SM, P.O Box 9014, Clinton, Iowa 52732.

Remember, the better you eat, the better you'll look. And remember Del Monte, the people with beautiful ideas from apricots to zucchini.

Del Monte
QUALITY

*continued from page 68*

## Test Prayer

**Now I lay me down to study,**
**I pray the Lord I won't go nutty.**
**And if I fail to learn this junk,**
**I pray the Lord that I won't flunk.**
**But if I do, don't pity me at all,**
**Just lay my bones in the study hall.**
**Tell my teacher I've done my best,**
**Then pile my books upon my chest.**
**Now I lay me down to rest,**
**To pray I'll pass tomorrow's test.**
**If I should die before I wake,**
**That's one less test I'll have to take.**

**—Sandra Johnson, Mendenhall, Miss.**

## In Tune

Harmony is
the essence of life.
Without it
would we not all
be dischords?

**—Diane Grant, Devon, Pa.**

## Just Desserts

Trash is the scarcest item around my high school. At lunchtime you can usually spot as many as three or four hundred students scurrying around trying to catch a litterer in action. If anyone is discovered leaving trash, it is promptly removed, and the guilty party is required to bake a batch of cookies for the person who picked up after him (or her).

The only problem now is that it's becoming difficult to find an offender.

**—Kerril Peterson, Saratoga, Calif.**

## Booking It

Popular music is no longer a simple, catchy tune you hum in the shower. It's an industry that combines the woes of big business with all the excitement of high-stakes gambling.

In part, *Star-Making Machinery: The Odyssey of an Album* (Bobbs-Merrill, $8.95) is "simply the biography of an album, the story of how one of the nearly 5,000 albums produced in 1974 made its way from practice hall to pop charts," says author Geoffrey Stokes. But the album's trials also serve to dramatize the interplay between pop musicians and the giant corporations that invest in and profit from their music.

*Commander Cody and His Lost Planet Airmen* was the fifth record cut by the rock group of the same name. From on-the-record performance to off-the-record power plays like the arrangements for air play and store display, the reader follows each grim and fascinating detail. It's a saga of the rocky road to stardom and a must-buy for anyone curious about how the wheels and cogs of star-making machinery really work.

**—Michael Culhane, Dobbs Ferry, N.Y.**

*More on page 76*


# Carry a little clean wherever you go.

**Introducing Breezettes.**
Now you can keep your complexion clean, clear and fresh wherever you are.
With new Breezettes. Soft, textured cloths premoistened with Sea Breeze, and individually foil-wrapped. Twenty-four to a package.
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Buy Breezettes wherever you buy Sea Breeze.
Breezettes. The Sea Breeze you can take anywhere.

# Gift Slippers Brighten a White Christmas...

## Colorfully...and, only $2.97 at Kmart.

Give her a little something she'll feel cozy, comfortable in...a pair of scuff slippers from Kmart! She'll like the fact that they're washable...made of acrylic pile so they'll keep their brightness and fluff. And you'll feel comfortable with the price: just $2.97 in sizes S, M, L, XL. Why not pick up a pair for each of your friends that like a little fuzzy footwear? You'll find them at any one of over 1,000 Kmart stores across the United States.

Kmart®

THE SAVING PLACE

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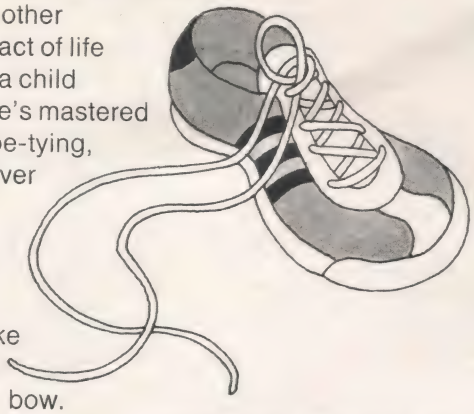
FREE FOR ALL

*continued from page 74*

# Knotty Problem

Just when I think I'm all grown-up,
I learn some other
astounding fact of life
and feel like a child
who thinks he's mastered
the art of shoe-tying,
only to discover
one
loop
does
not
make
a
bow.



**—Martha Collar, Little Rock, Ark.**

# Early Warning

I was first introduced to dreams of extortion when I was barely three. I was leaning against the door to my parents' bedroom when it slowly and silently opened to reveal my older brother with one hand on our mother's change purse—and a completely astonished expression on his freckled face. Disillusioned beyond belief, I weakly asked him why he wanted Mommy's money. Instead of answering, he slyly sidled up and offered me a half-share of the loot—sixteen cents—if I would keep my mouth shut. Upright, truthful infant that I was, I refused and made him promise not to repeat the thievery again.

But that night, lying awake in my crib, I realized that my sweet, lovable five-year-old brother had somehow degenerated into a dishonest runt. It was my duty as his sibling to lead him back to the path of good. I'd have to prove to him that crime didn't pay with a dose of his own medicine.

The next morning I gave him a long, hard look over the oatmeal. He looked distinctly uneasy. Shortly after that I gave him the ultimatum: Either he swore on the Mother Goose Book never to steal again, or he'd have to pay me five cents a week for life. The alternative, I coolly pointed out, was that I would tell Mommy what had happened.

The offender gave in and changed his evil ways. He was more daring, but I was the clever one. Nevertheless, I couldn't help wishing that he'd agreed to the second arrangement. At that tender age, five cents a week would have represented a good steady income. **—Stella Pitt, Montreal, Que., Canada**

# Altar Ego

Marriage is supposed to be sharing, so why should a girl give up her name for her husband's? Consider, instead, a partnership of names. For instance, if Harry Bascom should marry Louise Ketchum, they could become Mr. and Mrs. Basket. When their daughter decides to wed Marvin Kimball, they might be known as Mr. and Mrs. Basketball. This approach to the name problem would not only forge a new identity for each married couple but could provide a creative and original project for newlyweds.

**—Barbara Cordova, Woodland Hills, Calif.**

# Chris Evert for New Astringent Shampoo.

## "After I play tennis my hair feels oily and stringy. That's why I use Everynight Astringent Shampoo."

After tennis, my hair feels awful. It looks oily, stringy — and that's no surprise. I work hard on the tennis court, and my hair shows it.

But you don't have to play tennis to have oily hair. I have friends who don't play tennis. And they have oily hair.

Finally, we all have a new shampoo that really helps get the excess oil out.

New Astringent Shampoo, from Everynight.

Astringent Shampoo works on oily hair the way astringents work on oily skin.

Because Astringent Shampoo has oil removers, it actually blots up the excess oil. But it doesn't dry out my hair. It comes out soft and shiny and full of body and highlights.

With Astringent Shampoo, I don't get that icky, oily feeling as quickly as I used to. My hair feels cleaner longer. That's a big plus.

I really like Everynight Astringent Shampoo. I really use it.

And if you've got oily hair, I really think you'll like new Astringent Shampoo too.

HELENE CURTIS

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# Split, chipped, problem nails?

## Now! Get the protection you need in the colors you want. 28 shades

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with NYLON

America's Number One nail protection.

# "My eyes are too small."

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## "But they look a lot bigger when I wear Fabergé Eye Makeup," says Newcomer Beth Horton.

If you were 23 and the composer of 100 songs—one of them a radio jingle aired daily, coast-to-coast—would you worry about your eyes being too small?

Well, Beth Horton does. Or did. Before she opened her eyes to Faberge's super-smooth, moisturized Eye Makeup.

Now Beth defines her eyes with one of Faberge's gentle Cake Eye Liners. Contours them big (using a paler shadow in crease of eye and on lid) with fresh, flattering Eye Colors. Builds long, silky lashes—out to there—with water-proof, fragrance-free Flatterlash Mascara.

Even if you can't tell a sharp from a flat, you score when you wear Fabergé Eye Makeup.

Fabergé
Eye Makeup

**EYE LINERS:** SOFT BLACK, BROWN, NAVY. **EYE COLORS:** BLUE MIST, BROWN MIST, GREEN MIST, ICY PINK, AQUA, BLUE, LILAC, GREEN, ULTRA ICY BROWN, DEEP BLUE, GRAY, SIENNA. **FLATTERLASH MASCARA:** PATINA FROST BLUE, GREEN, PLUM, BLACK AND BROWN. MATTE BLACK, BROWN AND NAVY.

# Spotlight

What teens are LOOKING at . . . LISTENING to . . . TALKING about . . . in the world of entertainment

by Edwin Miller

## Movie of the Month

**BUGSY MALONE** is a total delight. English screenwriter and director Alan Parker had the inspired idea of making a spoof of the kind of gangster melodrama that Hollywood doted on in the thirties, casting all the roles with teen-agers and preteens, instead of adults. Bearing names like Bugsy Malone, Fat Sam and Dandy Dan, Knuckles, Tallulah and Bangles, talking out of the side of their mouth in beautiful Brooklynese, they wear spiffy suits, fedoras and long dresses. Much of the action takes place in Fat Sam's speakeasy, hidden behind a bookstore. The story has rival gangs fighting for control of the rackets on Manhattan's Lower East Side—the sale of sarsaparilla for one—using machine guns to plunk their victims with gobs of gooey custard. Played by Scott Baio, hero Bugsy Malone tells his girl, a torch singer named Blousey (Florrie Dugger), that he's not straight or crooked, just somewhere in between. She dreams of leaving all this behind to become a Hollywood star. Besides the sprightly routines given to the chorus line, the actors occasionally break into impromptu song and dance, all set to a charming score by Paul Williams. Jodie Foster, who plays a gun moll, is one of the mixed English-American cast, all of whom perform with perfect aplomb. The whole affair may sound too cute, but it steers clear of that pitfall. G*

*Florrie Dugger, Scott Baio*

## More Movies

*Gregory*

**SMALL CHANGE.** Since fame first came, through his searing autobiographical study of unhappy boyhood, *The 400 Blows*, French director François Truffaut has created many uniquely arresting movies, most recently *The Story of Adele H.* With *Small Change*, an endearing look at the way the young disport themselves in a small town, it's as if he were celebrating a kind of growing-up experience he never knew himself. PG*

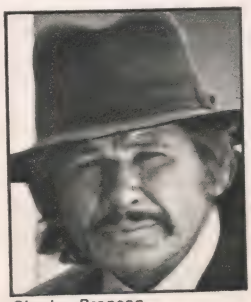
*Glenda Jackson*

**THE INCREDIBLE SARAH.** How do you bring a legend to life? Glenda Jackson gives it a rousing try in a bravura performance as the extraordinary French actress Sarah Bernhardt (1844-1923), both on- and off-stage, but she never succeeds in making you believe you're looking at the original. It's an old-fashioned, fitfully interesting drama concerned with the spirit of the woman rather than biographical detail. PG*

*Karen Black, Lee Montgomery, Oliver Reed*

**BURNT OFFERINGS.** Things supernatural are all the rage this season in movies. Here's another creepy crawler, which endeavors to chill your blood but mostly succeeds as an exercise in exasperation. A happy family —Karen Black is mom, Oliver Reed is dad, Lee Montgomery, their young son, and Bette Davis, auntie—rents a magnificent country mansion one summer, then finds itself subject to evil vibes. Horrors! PG*

**FROM NOON TILL THREE.** Charles Bronson takes a giant step away from his customary portrayal of laconic strong men in this offbeat, fairly amusing black comedy. As an outlaw in the Old West, he has a brief romance with a wealthy widow during his gang's attempt to rob a bank. This gives him a go at a new life, but the very intensity of the affair produces ironic complications. Jill Ireland co-stars. PG*



*Charles Bronson*

*Philippe Noiret*

**THE CLOCKMAKER.** A genial small-town watch repairman finds his world a shambles when his only son kills a man, seemingly in cold blood. As he tries to understand why, he finds values he has taken for granted emptied of their meaning. A provocative French study of family relationships and social pressures, the movie raises questions it doesn't answer, but Philippe Noiret makes it a touching drama. PG*

**Motion Picture Association of America ratings*
*G: General Audiences. All ages admitted*
*PG: Parental Guidance Suggested—some material may not be suitable for preteen-agers*

*More "Spotlight" on page 82*

*Advertisement*

## By Joan Clair

So many of us have cut our long hair short in the last few years, I think it's almost time for the trend to reverse again! If you're planning to be a step ahead and start growing your hair longer (or if you've been holding out and haven't cut it) remember, long hair needs more care 'cause it takes more punishment. The ends of long hair are **old,** and you **sleep** on the poor old things. Of course, the kind way to sleep on long hair is to braid it loosely, all on one side—a rather charming, old-fashioned bedtime look.

**"Conditioned sets, water mist sets, regular sets**—I get 'em all," said Louise. "And I only have one hairsetter—the *Kindness* Deluxe 3-way hairsetter by Clairol. What's more, the rollers have special roll-up rims, to keep my hair from slipping off. And they hold heat longer, so my sets last longer." Lucky Louise.

**Are blondes more intelligent?** Maybe so, when the blondes are ex-brunettes who went blonde the intelligent way. That's with *Lady Clairol*—the real two-step blonding that lets you get the exact pale, delicate, perfect shade of blonde you want. Making yourself beautiful, the professional way—that's intelligent.

**To thine own self be true?** Excellent advice. A good way to take it is to use *True Brunette*—the shampoo-in, true-color haircolor. It gives you natural-looking brunette color that resists red fading so it **stays** natural-looking longer.

**"I needed a creme rinse for de-tangling. I needed a setting lotion for body,"** said my friend Judy. "But a girl should be able to set her hair without putting a whole drugstore on it." So she discovered *Easy Comb Easy Set,* a clear lotion that fills both needs. Judy combs it through her hair and leaves it in. It smooths away snarls and tangles, and makes her sets springy.

**1200 wonderful watts of drying power? Son of a gun!** If you want a professional lightweight hairdryer, with superbig airflow, 1200 watts of power, 3 heat and 2 speed settings, a concentrator attachment, and a foldable stand, now you can get it. And it's actually called *Son of a Gun*—from Clairol.

**Attention sybarites.** For your choice of *Clouds of Herbal Essence* body bath, body splash, or body powder (trial size), send 25¢ for each one to *Joan Clair,* P. O. Box 643 Z, Saddle Brook, N.J. 07662. Allow 4 to 6 weeks for delivery.

**Clairol Hotline:** Got a question about your hair or any Clairol product? Call Clairol's Consumer Satisfaction Dept., 212-644-2990, weekdays between 9 AM and 5 PM EDT.

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# Spotlight

*continued from page 81*

## Records

Surround yourself with music in winning sessions from rare talents

*Al Jarreau*

AL JARREAU: GLOW (Reprise). Like a feather floating on a fresh breeze, Al Jarreau's vocals dance through the air. Whether he's cheerfully recalling Leon Russell's *Rainbow in Your Eyes,* personalizing *Your Song* or bubbling along on *Agua de Beber,* he constructs a lyric with the deft precision of a juggler, balancing phrases with dazzling skill. A winner!

JOHN DENVER: SPIRIT (RCA). There's a feeling of freedom on the open range, the sweet sense of belonging to another, the glories of nature in these good-natured romantic ballads—*Wrangle Mountain Song; Hitchhiker; The Wings That Fly Us Home.* Whether they are of his own devising or by others, John somehow converts them all into vocal security blankets. If things aren't really this way, they ought to be! His prime session includes such fondly remembered tunes as *Polka Dots and Moonbeams* and *San Antonio Rose.*

THE BEACH BOYS: 15 BIG ONES (Reprise). The message from the West is one of joy as the Beach Boys reassure one and all they've lost none of their innocent genius for making listeners happy. The group's nonchalant vocal and instrumental arrangements are woven into the memory of everyone who has been within earshot of a radio or stereo these past fifteen years. They sail gaily through Chuck Berry's *Rock and Roll Music,* Alan Jardine's *Susie Cincinnati,* Brian Wilson's *Back Home,* among others in this gala collection. The Beach Boys—may their sun never set!

LINDA RONSTADT: HASTEN DOWN THE WIND (Asylum). Sweet and true, Linda's vocals ride the band's soft beat, shifting moods with ease as she rings the changes of her heartfelt messages. Pondering the pangs of love, she sings *If He's Ever Near* and *Try Me Again,* waxes merry in *That'll Be the Day,* yearns for romance in her own composition, *Lo Siento Mi Vida.* Rich, womanly, assured.

## Choice Cuts

ROY AYERS UBIQUITY: EVERYBODY LOVES THE SUNSHINE (Polydor). Soul music with a fervent beat. CHRISTINE McVIE: THE LEGENDARY CHRISTINE PERFECT ALBUM (Sire). Fleetwood Mac's vocalist in a fine blues session cut in '69. MARK RADICE: AIN'T NOTHIN' BUT A PARTY (United Artists). Grooving vocals. CARUSO: A LEGENDARY PERFORMER (RCA). Perhaps the greatest singer of all time with his most popular arias. ELECTRONIC MUSIC WINNERS (Columbia). Sample the fantastic range of sound created for tape by contemporary composers. DUKAS: THE SORCERER'S APPRENTICE; SYMPHONY IN C MAJOR (London). One of the antic inspirations of Walt Disney's *Fantasia* and a brilliant symphony, performed by Weller, the London Philharmonic. BACHMAN-TURNER OVERDRIVE: BEST OF B.T.O. (SO FAR) (Mercury). A thrilling sampler of the heavy rock band's past hits. GILBERT AND SULLIVAN: UTOPIA LIMITED, OR THE FLOWERS OF PROGRESS (London). The D'Oyly Carte Opera in a grand satire of the English Establishment. RONNIE LAWS: FEVER (Blue Note). Laws plays tenor, soprano sax and flute in soul-styled jazz.

*More "Spotlight" on page 84*

## Holiday confections with peasant charm.

Zippered robe of Celanese Arnel® triacetate about $23. Ruffled gown about $10.
Not shown, matching foot pajamas, about $12. and night shirt with bikini about $9.
Gown, pajamas and night shirt of LOVELYAIRE®
brushed nylon and acetate by COLLINS and AIKMAN. All in sizes 7-13.
At most larger Sears, Roebuck and Co. stores. Jenny Manufacturing Co. Inc., New York, N.Y.

# I thought I knew everything about my period.

But there's one thing I didn't know.

I didn't know my period involved such a serious loss of iron. Iron that even a normal, well-balanced diet doesn't always replace.

And if I don't do anything about replacing this essential iron, I could be a candidate for iron deficiency anemia.

Well, that I don't need. So I take FemIron. FemIron's the easiest, most effective way I know to help replace the essential iron I lose each month.

Just one FemIron tablet every morning gives you all the iron you need for rich, red blood, and for protection against anemia.

And there's also FemIron with Vitamins. One tablet each day not only gives you all the iron you need, but all the important vitamins too.

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# Spotlight

continued from page 82

## Music People

**English guitarist Peter Frampton delights in making America his home**

Don't let English rock star Peter Frampton ever catch anyone putting American audiences down. He loves them. Over one hundred and thirty thousand turned out to cheer him in Philadelphia at a Spirit of Summer '76 concert; some forty-five thousand paying fans doubled as movie extras in the Arizona sun while he played his melodic, jazz-flavored rock for a sequence in the Barbra Streisand-Kris Kristofferson rock remake of *A Star Is Born.* Peter's most recent A&M album, *Frampton Comes Alive,* has been perking away at the top of the charts, signaling superstardom. It has sold well over three and a half million copies!

"American audiences really go overboard," says Peter, a broad smile brightening his features underneath a tangled shock of yellow hair. "They hardly have any inhibitions at all about letting you know whether or not they like you. They're far more into music than the English because they have far more music to listen to. That's the whole secret. Americans like English bands because they're tighter, musically, than American bands. They've got everything together. English audiences are more demanding, more reserved; they'll wait until the end of a number to applaud. It makes you think, 'Wow, how can we get them off their seats?' In the States, someone goes 'Yeah!' and it makes you feel really good, adding 50 percent to how well you play. After working in England, it's like a piece of cake to play here."

Peter finds that another exciting aspect of the local scene is the ease with which you can attend a concert. "It's so strange to say to yourself, 'I think I'll drop in and hear Aretha Franklin,' or 'Al Green is playing next week.' That's the way it is all over the United States. There used to be an incredible club scene in England, but they all seem to have gone out of business in the past six years. When I started in 1962, to get a regular job in a club was like money in the bank. Someone was going to see you, and you were going to get a record deal. That was your wish, your dream. And it came true because record producers used to frequent those places all the time looking for new groups."

Peter got into music when he was still a child. "My father had a ukulele, and when I was seven, I asked him to show me a few chords. He was an art teacher then, but when he was at college and played in a dance band, he idolized Django Reinhardt, the French gypsy jazz guitarist. When I was eight, he gave me a guitar for Christmas, and I started studying. Those days were so exciting—listening to groups like the Shadows, the Ventures. When I was nine, I remember rushing over to Woolworth's to buy a pair of horn-rimmed glasses so I would look like Buddy Holly."

By the time he was twelve, Peter had formed a group called the Trubeats. "We wore blue Beatle jackets at first, then for the second part of the show, we changed to leopard-skin waistcoats." At sixteen, he left school to turn professional with a group called the Herd. For eighteen months he could hardly leave the house without being mobbed, but it all petered out. Then he spent three years with Humble Pie, finally leaving to head his own band. "I'm happy now," he says at twenty-six. "I've got a new start in America!"

*More "Spotlight" on page 86*

# YARDLEY PRESENTS LIPSTICK SO WET, IT COMES WITH A BRUSH.

Pale Moon Pink

Finally, there's a wet lipstick that's really wet. In fact, it's so wet, it has to be applied with a brush.

Lipslicker is a liquid creme in a spillproof bottle with a contour brush that actually lets you shape and shine at the same time. And you always get the right amount of color on the brush.

You also get the kind of wet, moist, luscious lips that really make you shine. And you can choose from twelve shimmering shades. (Six creams and six frosteds.)

You can get lipslicker in self-service cosmetic sections everywhere.

Lipslicker. The wet lipstick. Because how in the world can you get the wet look with a solid lipstick?

YARDLEY LIPSLICKERS

# Spotlight

*continued from page 84*

## Show Bits

### Double takes and diversions

*Clark Gable* *John Denver* *Katharine Hepburn* *Groucho Marx*

**BIG WIND.** The 1939 epic movie *Gone with the Wind,* in which Vivien Leigh and Clark Gable as Scarlett O'Hara and Rhett Butler loved and lost each other during the Civil War, emerges on TV at last—but split in two parts. On NBC-TV, November 7, 8:00-11:00 PM ET and November 8, 8:00-10:00 PM ET. Meanwhile, movie romantics are patiently awaiting the sequel to Margaret Mitchell's best-seller, author Anne Edwards's forthcoming saga, *The Continuation of Gone with the Wind,* set to become a film too. It will carry the characters through the South's Reconstruction. Stick around!

**SHARP SKATES.** Olympic skating champion Dorothy Hamill charmed the world with her stunning skill and personality during the 1976 Winter Olympics; now the nineteen-year-old figure skater, who has been warming up on the ice since the age of eight, headlines her first music and variety special. On ABC-TV, November 17, 8:00-9:00 PM ET. That same evening, immediately following Dorothy's debut, ABC-TV features a pair of top pop vocalists back to back. The *John Denver Special* runs 9:00-10:00 PM; the *Olivia Newton-John Special* comes on 10:00-11:00 PM.

**HAIR-RAISERS.** Director Steven Spielberg achieved fame by scaring moviegoers out of their wits with the shark episodes in *Jaws.* Now he's at it again with *Close Encounters of the Third Kind,* a science-fiction thriller about UFOs (unidentified flying objects) that stars Richard Dreyfuss. Spielberg, who wrote the script himself, defines close encounters of the first kind as sightings of the objects, close encounters of the second kind as contacts with the objects and close encounters of the third kind as contacts between the species. Watch out!

**THREE FOR THE ROAD.** A trio of distinguished New York shows are now on national tour. *Equus* is the compelling drama of a psychiatrist trying to bring a seventeen-year-old stableboy to his senses; *A Matter of Gravity* stars Katharine Hepburn in a brilliant portrayal of an aging Englishwoman evaluating her life. *Very Good Eddie* is a charming revival of a 1915 musical with a score by Jerome Kern.

**HIGH NOTE:** Comedy star Carol Burnett and spectacular soprano Beverly Sills clown in a two-woman show, *Sills and Burnett at the Met,* supported by male singers and dancers. It was taped before an invited audience at New York's Metropolitan Opera House last March. On CBS-TV, November 25, 10:00-11:00 PM ET. Beverly Sills stars in a lighthearted New York City Opera Company production of Rossini's comic opera, *The Barber of Seville,* conducted by Sarah Caldwell. On PBS-TV's *Live from Lincoln Center* series, November 3, 8:00-11:00 PM ET. (Sills made a record of the opera with a different troupe for Angel.)

**PAST IS PRESENT.** The National Broadcasting Company celebrates *The First Fifty Years* as a radio and TV network, with a super-special "Big Event" highlighting thrilling moments in the history of entertainment, news and sports. Narrator Orson Welles will be aided by such hosts as David Brinkley, Gene Kelly and Freddie Prinze, with a cast of characters ranging from the late Fred Allen and the late Jack Benny to Bob Hope, Groucho Marx and Johnny Carson. On NBC-TV, November 21, 7:00-11:30 PM ET.

**THE IRISH ARE COMING.** Dublin's famed Abbey Theater is visiting the United States for the first time in thirty-eight years with Sean O'Casey's classic drama *The Plough and the Stars* and a one-man show of traditional Irish yarns, *In My Father's Time.* The company plays at the Brooklyn Academy of Music for three weeks starting November 15, then travels to Philadelphia and Boston.

**CHANGE OF PACE.** Once the "Flying Nun" of the comedy TV series, Sally Field takes the title role in *Sybil,* dramatized from the book by Flora Rheta Schreiber about a woman with sixteen different personalities. Joanne Woodward plays her psychiatrist. Parts I and II on NBC-TV, November 14 and 15, 9:00-11:00 PM ET.

**ALICE ALIVE.** Human actors portray Humpty Dumpty, the Red Queen and Alice herself, among other characters, in an exciting British adaptation of Lewis Carroll's classic fantasy *Through the Looking Glass,* the sequel to *Alice's Adventures in Wonderland.* In the ninety-minute yarn, the actors are made up to resemble the original Sir John Tenniel illustrations. On PBS-TV's *Picadilly Circus,* November 30.

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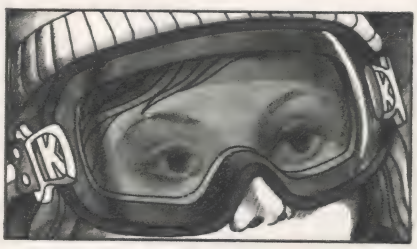
# Specs for Skiers

**To wear over glasses,** shallow-shape goggles with three sets of unbreakable lenses. By Bausch & Lomb; $20. Department, sporting goods stores.

**Don't fog up!** Four ventilators over yellow plastic lenses prevent cold-weather misting. Bausch & Lomb; $8. At department, sporting goods stores.



**Reduce glare!** Amber lenses in these goggles make shadows clearer in bright sunlight; $12. Stores: write Riviera, 295 Fifth Ave., New York 10016.

SAL MURDOCCA

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# *Now I can wear my Blue Jeans® anywhere.*

Cologne, Cologne Mist, Dusting Powder.
Available at drug and variety stores.

Dressing up is fun. 'Specially since I can still wear my BLUE JEANS cologne. It makes me feel... soft. And breezy. And pretty. And I guess I'm not the only one who thinks so.

SHULTON

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Spice his life with *Royall Spyce All Purpose Lotion,* a hefty blend of clove, cinnamon, nutmeg, pepper. Or try Shulton's *Old Spice After Shave Lotion* or Guerlain's *Jicky Toilet Water,* popular since 1889.

**Gift idea for a guy: Follow a romantic old tradition with the pungent aroma of spice.**

The story of spice goes back thousands of years. It's recorded in the logs of sea captains and the account books of merchants—all bent on trading in the precious commodity.

Take the zingy little clove. In ancient China, envoys to the court of Han used cloves to sweeten their breath while meeting with the emperor. In the Western world, centuries later, cloves were highly valued for use in food preserving. And they're still tops for baked hams! Cloves are the tiny flower buds of a tree cultivated mainly in Zanzibar.

Cinnamon comes from the thinly peeled bark of small evergreen trees or bushes of the laurel family. It was a favorite of the ancient Romans, who anointed themselves with a fragrant mixture called susinum—compounded of lilies, oil of ben, calamus, honey, saffron, myrrh and cinnamon.

Another tantalizer that may turn up in your Thanksgiving apple pie is allspice, from the berry of a West Indian tree, *Pimenta dioica.*


**Some People Can Do What They Like**

**ROBERT PALMER**

**Does**
**On His New Album**

Produced by Steve Smith

ISLAND

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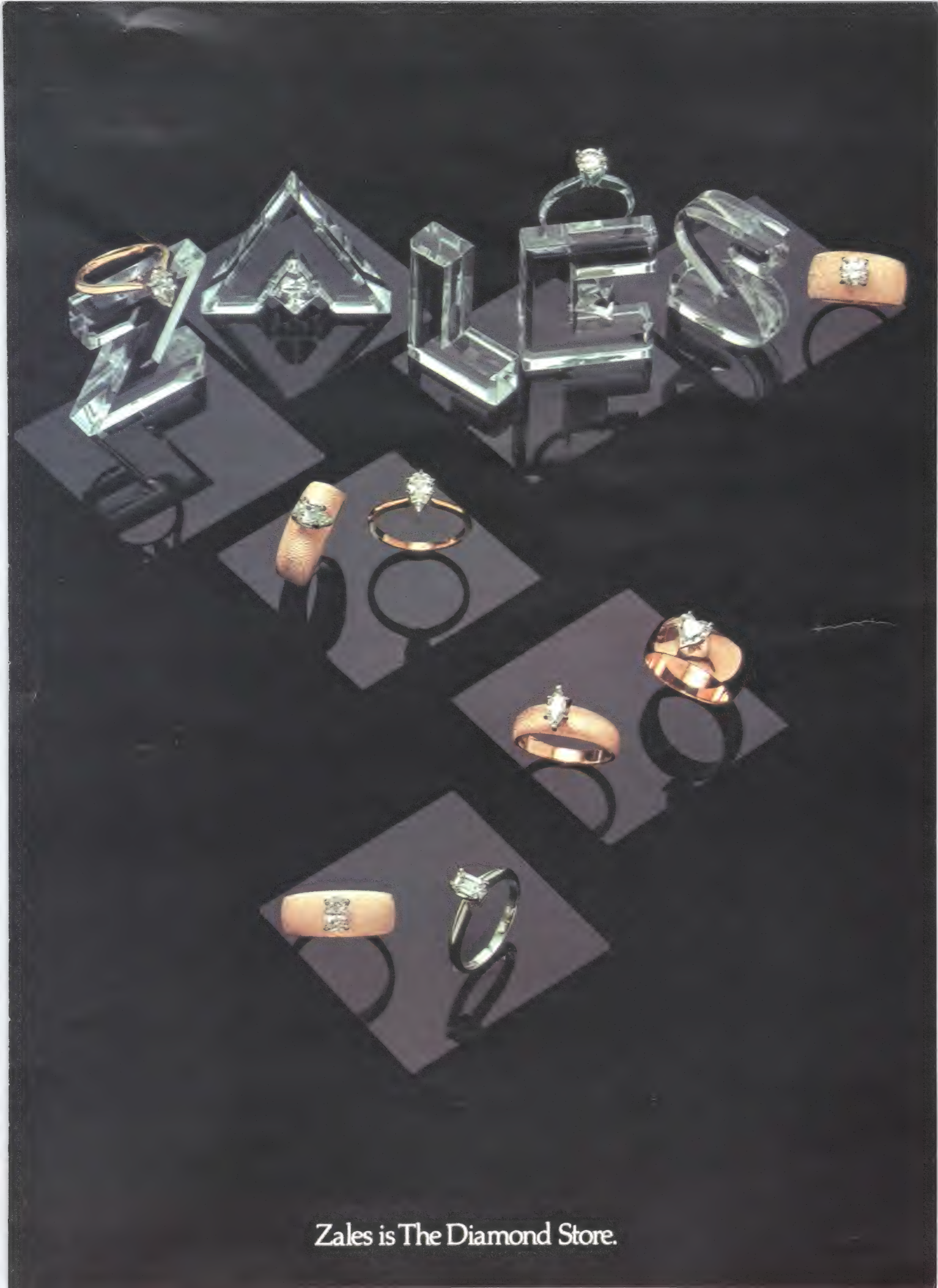


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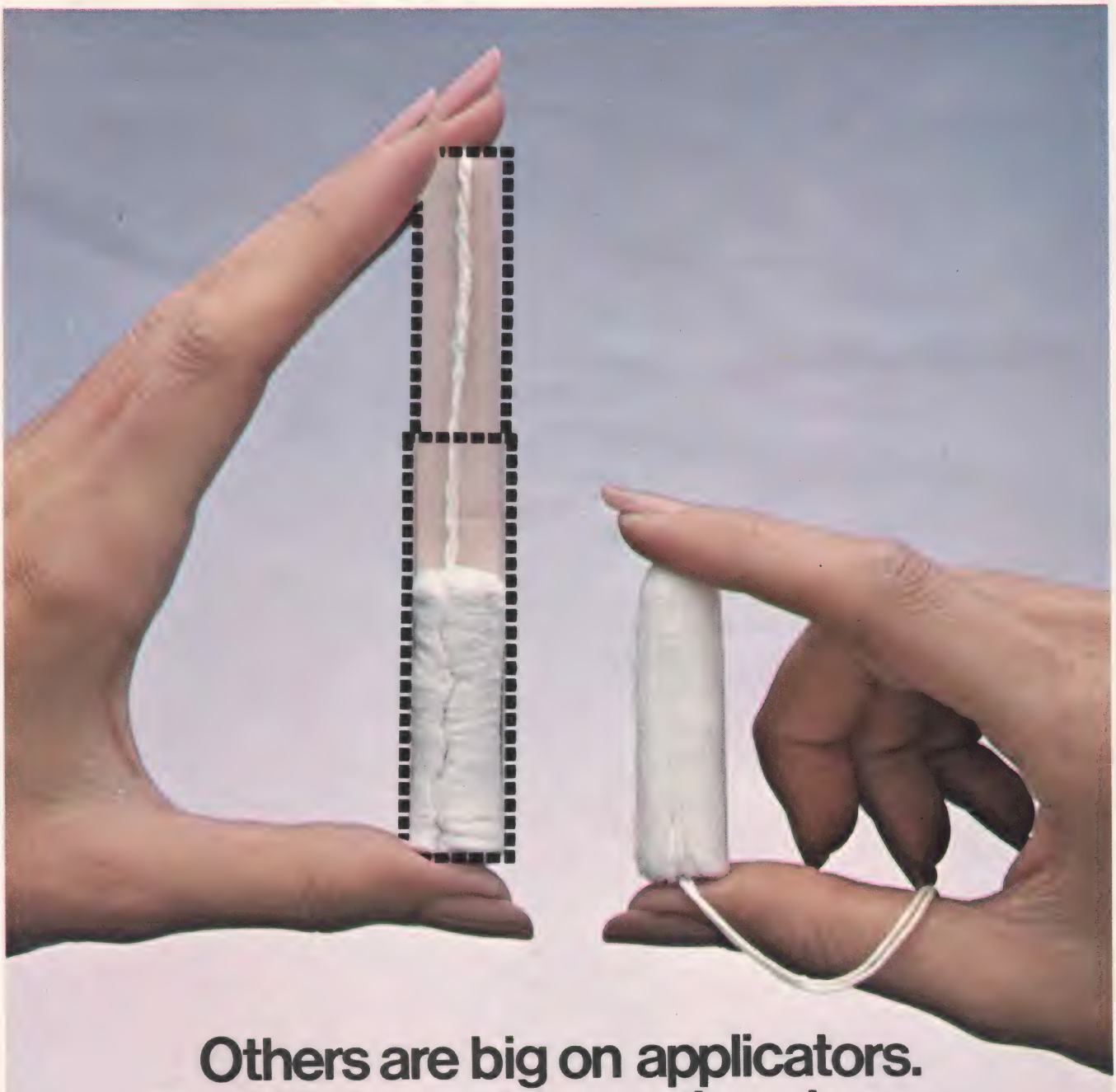

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# RELATING

by Abigail Wood

## WHEN YOUR PARENTS REMARRY

**Q** I'm sixteen. My parents have been divorced seven years. Both have remarried. I lived with my mother and stepfather till two years ago, but I had a lot of troubles with my stepfather, and it got so bad that I came to where I am now, with my father and stepmother. Things are working pretty well, though my father doesn't quite know me and my stepmother doesn't really have motherly trust in me. My real mother, who lives in another state, wants me to come back to live with her. My sister is going away to college, and my mother needs me. It's a decision I have to make. All my old friends live there, where I was raised. I like living here. I have a horse and other animals and have made some friends. Everyone says it's my decision, but I need help.

**A** There is probably nothing more emotionally exhausting than trying to choose between the two persons you've cared most about in your life. It was undoubtedly a similarly agonizing decision for your parents when they realized they could no longer live together. They had, nevertheless, to think of their own feelings, because living amid the bitterness and tension between them would surely have been even worse for you.

Since the choice is now yours, you too should try to make it on the basis of where you think you will be able to live and grow most fully. To help you decide realistically, reexamine your difficulties with your stepfather. Do you think you could handle them better two years later? Often stepfather problems occur because a girl is still angry with her real father for leaving and takes it out on his successor. Perhaps you also resented him because you felt he came between you and your mother. Or perhaps because he tried—in what for you were all the wrong ways—to be what he thought was required of a good father. Maybe you're ready now to try again with new insights and new understanding. But if not, it may be best not to go back into that situation again.

As for the problem where you are, neither your father nor his wife can know you as well as your mother does, since you lived with her so much longer. But during the time you've been with them, you may have remained somewhat reserved and self-contained; perhaps there's a bit of jealousy of your stepmother or just plain shyness. She and your father may both have felt anxious and hesitant about coming on too strong with you. Some overtures on your part might be a start toward the kind of closeness you miss.

Remember that what you choose to do now isn't necessarily final. What's most important is that you make your choice and not feel guilty about it or torture yourself with second thoughts afterward. It is not selfish to do what *you* want in this case.

**Q** I'm fifteen, a sophomore in high school. My parents had a terrible divorce six years ago (my father had an affair and is still living with the woman). Last year I joined a youth organization, made many new friends and started dating. My new social life kind of helped me forget a lot of problems concerning my father. I live at home with my mother. Six months ago she met a man I'll call Al; now they have decided to marry. He lives in a city about an hour's drive away and has an important job there, so they want to move. In two years I'll graduate and go away to college, but they won't wait till then. I just can't leave—all my friends, my organization! (I'm "sweetheart" of the boys' chapter too.) And I've just started going with someone. I was scared of getting involved before, but I think I'm ready now and really beginning to care about him.

I do want my mother to be happy—she deserves it after the way my father treated her. But moving at this time in my life! I couldn't help crying when she told me. I want to stay where I am. I'm settled here. And I'm so mixed up. I'm very close to Mom and couldn't live away from her. I don't even know how that could be arranged. (I refuse to live with my father and that woman.) But Mom is going to move. Trying to start a new life now would cause horrible problems and more depressions for me. I just know it! My life will be over if I have to go.

**A** The prospect of change and family upheaval for the second time can be terribly frightening, and your distress is understandable. But allowing yourself to see only the negatives is unfair to you, as well as to your mother and Al. Of course your needs and feelings are important. But as you recognize, your mother's are too. Even if she were to postpone her marriage *(continued on page 100)*


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## RELATING

*continued from page 98*

it wouldn't be likely to improve things for you. On the contrary, it might cause resentments and difficulties between all three of you.

Taking a second, calmer look may reveal some patches of light. After all, an hour's drive, though it can be a great strain for daily commuting, isn't an unbridgeable gulf between friends. And you'll have a chance, if you let yourself, to make new friends and find new activities.

Changes in life have a way of coming whether you're ready for them or not. To a large extent, what you make of them is what you choose to. Learning to roll with the punches keeps you in far better shape to cope with—even enjoy—what the future holds. Having to move now, in fact, can make adjustment easier for you when you do go off to college. From your experience in meeting and surviving this challenge, you can gain confidence in your ability to handle others.

Meanwhile you might try talking to your mother—and Al too—on a different basis. Assure them you want them to be happy, but also let them know what your feelings and worries are. At least it will keep them from misreading the cause of your tears. And it could just start a new-family feeling based on open communication. Above all, don't cheat yourself of the excitement and pleasures that change can bring.

**Q** My life seems to have turned upside down at an early age. I'm fourteen and just starting high school. When I was six, my mother died. Six months ago my father remarried. My new stepmother is quite nice and tries hard, but she is much pickier about things than I am. And living without a mother for so long has made me a brat (I want things my way). I try to obey her, since that's what Dad wants. But I don't think I can take it much longer. Last night, for instance, I was walking barefoot, and she said, "Don't you go around getting your feet dirty and then getting into my nice clean bed." Another thing—she and my dad are so lovey-dovey and always saying how much they love each other! When they do that, I feel as if he quit loving me and has given all his love to her. I don't like to share, especially love.

**A** Once you've been queen of the realm, it's never easy to step aside and defer to another. After suffering the greatest loss a small child can have, when your mother died, and adjusting to that, it's especially trying now to be wrenched out of your accustomed ways and have to accept seeming displacement by an outsider. Your feelings and reactions are entirely natural.

But you cannot always have things your own way, no matter how much you want to. In a world where people must live with others, some accommodating, compromise and sharing is absolutely essential. The fact that you know you're selfish and are quick to put yourself down provides no solution. Your sense of being downgraded is part of your hurt—not only having to defer to a newcomer's authority but feeling pushed out of your father's affection. Your father has been without a wife for a long time, and if his joy in finding one now seems a bit unconfined, perhaps you can afford to be tolerant. It does not mean that he cares for you any less. Love between adults is different from parental love, and the one in no way diminishes the other.

Try to put yourself in your stepmother's position too. While you've been nursing your sense of exclusion, she may have been grieving that you regard her as an intruder. As you say, she seems to have been trying hard. Make it easier for yourself by making it easier for her. Both of you are accustomed to different life styles, but she has had hers much longer than you, and it is consequently much harder for her to change than for you to. This is a time to give a little. Once you understand that her presence is not a replacement of yours in your father's life but an *expansion* of the family, it will be easier for you.

Talk to both of them, separately and/or together, about your feelings. In his preoccupation, your father may not have been aware of what you've felt. Tell your stepmother why it's hard for you, let her feel welcome and try to become friends.


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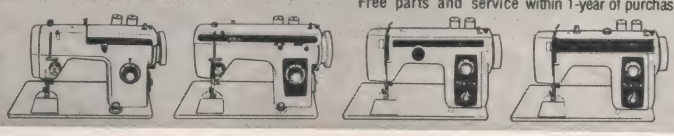

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# In My Opinion

Students shouldn't give up their powers!

**by Lisa Jericoff, 19, Oakdale, Calif.**

Your student government is in a shambles. The president has a part-time job after school and decides he can't handle his official duties as well. The vice-president panics at the prospect of doing the president's work and hers too. The majority of the student council members don't attend meetings. The principal, in a daring move, declares himself student body president, and the administration begins making decisions that used to be made by the students. Sound farfetched? Not in the least—it has happened, and it can happen wherever students don't take an active part in their school legislatures.

In my opinion, students must realize the importance of a strong school government. A central council made up of representatives from all school organizations is able to plan activities that will appeal to the greatest number of students. The feeling of working together toward a common goal—such as Homecoming Week—promotes school spirit and pride. If administrators and faculty were to plan Homecoming Week, they would have to second-guess the students.

People who participate in school government are able to develop the arts of diplomacy and compromise that will be valuable in employment, the family and social relations. In addition, student council members have the opportunity to budget student body funds—money that comes from activity fees paid by each pupil at the beginning of the year. The council must be especially careful to use this money in the students' best interests. It may decide, for example, to subsidize a rock concert to boost lagging school spirit rather than buy new band uniforms.

Student council members can and should work with the administration on all sorts of projects—from the designation of smoking areas on campus to the creation of drug and crisis hot lines manned by young people. Some high school boards of trustees now invite a student representative to sit in on their meetings. A forceful student council can have a great impact on trustee decisions. Recently, a school received an endowment for campus improvement. The board of trustees planned to use the money to overhaul the dilapidated school auditorium. However, the student representative suggested that the money might be used to turn a study hall into a badly needed student activities center. The center won.

Despite the benefits of effective self-rule, student interest seems to be dwindling. Yet it is important that students exercise and protect their right to self-government. At one California school where the student council was dissolved several years ago, a group of young people are now trying to reinstate it. But so far their efforts have been futile. The administrators refuse to waste their time on something they think will only fail again. Once your privilege of self-government is gone, it may very well be gone for good.

Why not express your opinion (it may be worth $100) in 800 words and send to: In My Opinion, SEVENTEEN, 850 Third Ave., New York 10022. Please include your birth date, a photograph and a stamped, self-addressed envelope.

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FASHION

# SHINE LIKE A STAR

You'll shine so bright in brilliant holiday satins! They're super for PM dating.

**A blaze of green,** this page, is trimmed with blue for a shimmering satin blazer; $32. Cigarette-leg jeans; $18. What's-in-a-Name?

**Neon brights by night,** opposite: White polyester peasant blouse, left, with scoop neckline (J. C. Penney; $11) tops sensational blue pants with silvery suspenders; $26. Bag, Montgomery Ward. Scarlet blouson top, right, ties it up with a handful of colored strings, over shiny gold satin pants. Each $20. These and the blue pants are by What's-in-a-Name? All jewelry is by Red Cobra. More info, next to last page. Do right by your separates with accessories in the same mood; see pages 112 -113.

**Beauty bit:** With gleamy satins, it's gleamy lipstick—like Peppery Red, a Spice Rack Gloss Stick from Cutex.

Photographed at Binghamton's Ferry discotheque, Edgewater, New Jersey, by Bruce Laurance. Hair by Didier for Jean Louis David at Bendel's, makeup by Jacqueline Reiss. Stores featuring our holiday fashion promotion on page 160

# GO FOR GLOW

Bring on the soft gleam of velvet or dress up in swingy satin-shine! Whether you choose a slim pants turnout or a full-skirted shape, you'll be an eye-catcher.

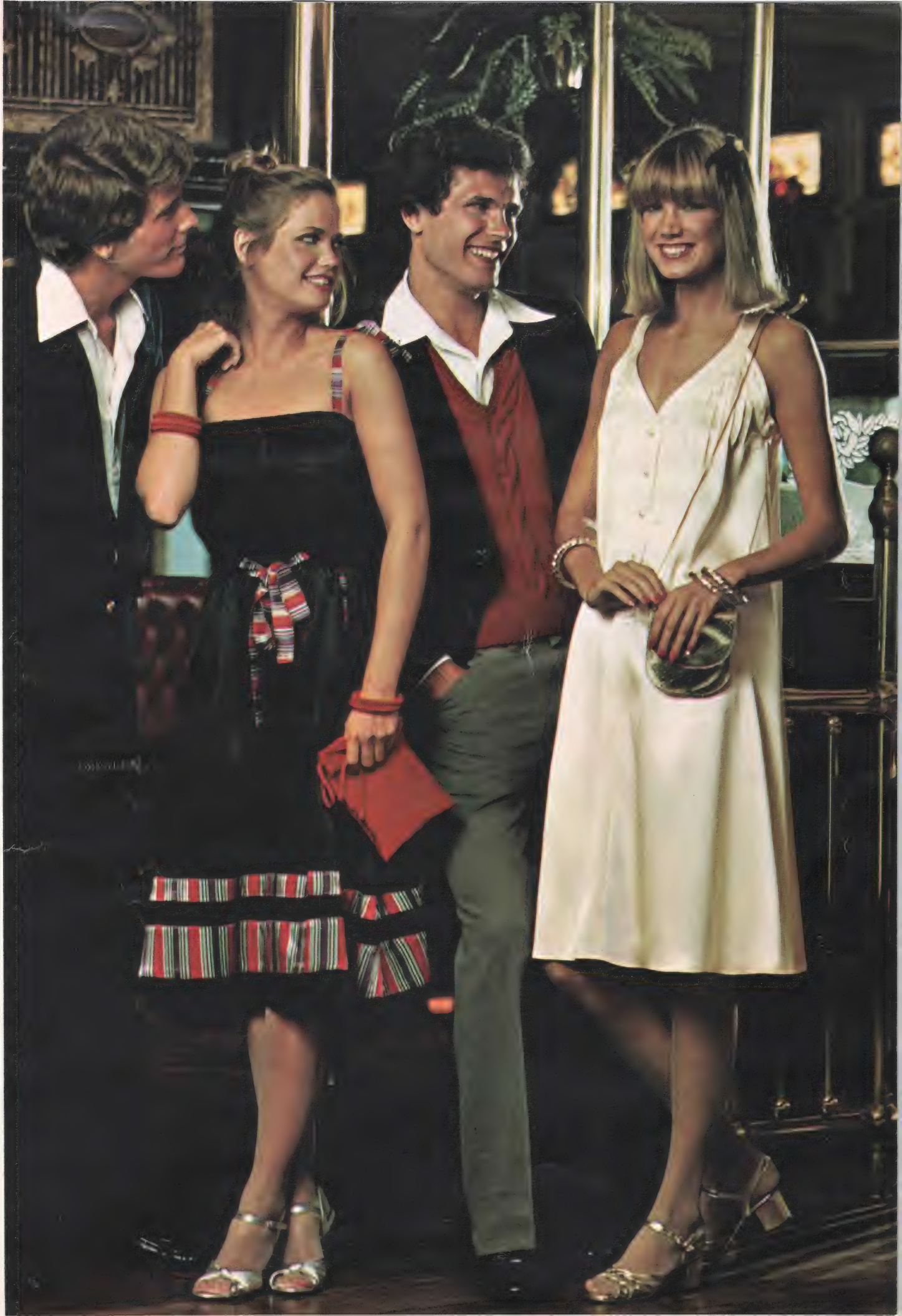
**The dandy look,** this page, begins with teal blue velveteen. Vest, $14; pants, $20; from Sears. They glow with a white dobby-print satin shirt by Gordon Peters; $12. Eva Graham stud earrings.

**Disco-pretty dresses,** opposite: Stripes of color on black satin, left, do a brightening number at waist, hem and bare shoulders. Max & Lulu; $44. Catherine Stein bangles, sandals by Montgomery Ward. Satin poured like cream, right, makes a rippling A-liner. Christopher Lee; $39. Bangles by P. C. Designs, sandals by Bertlyn. Silvery pantyhose by Bonnie Doon. All evening bags by Ruza. More information is on the next to last page.

**Beauty bit:** Smooth is the word for velveteen, satin and a new kind of moisturizing makeup: Face Quencher by Chap Stick.



BRUCE LAURANCE



# TURN ON THE LIGHTS

Pure glitter power here: newsy knits that twinkle in the night! Have yours covered up or bare—or both.

**Black 'n bright,** this page: Fabulous stripes, far left, in multicolored metallics on a crew-neck; $21. Pants with drawstring ankles; $20. Both of acrylic, by Time & Place. Lecour-Johnson earrings. P. C. Designs bangles. Glittery green stripes on top, near left, Spaced by Space Legs; $20. Cigarette-leg satin jeans, What's-in-a-Name?; $18. Belt by Elegant. Lecour-Johnson metallic gilt cuff.

**Simply strapless,** opposite: slithery knit dress, near right, in red with multi-glints. The Willis Avenue Bridge Works; $30. Tango bracelet. Montgomery Ward shoes. Glitter tube top, far right, a dynamite look by Sally Gee; $4. Tuck it into satin drawstring-waist pants by Trousers Up; $21. Lecour-Johnson bangles, GSP shoes. Red Cobra chokers. More information, next to last page.

**Beauty bit:** Add subtle makeup glitter with highlights of Sheer Velvet Frosted Peach Blush-On by Dorothy Gray.

BRUCE LAURANCE

# DO IT RIGHT

Some accessories go with evening clothes, some don't. Check it out here—what looks wrong and what's just right!

**Dress-up shoes,** this page: School mocs, no. Ballerinas, yes! GSP; $7. Bonnie Doon hose, $2.25.

**Jumpsuit jazz,** this page: If you're wearing a creamy satin-stripe beauty (Starship; $54), forget a casual bag. Keep the shine going with a satin bag (Ruza; $11). Willie Woo flowered comb, $2. Vendome necklace, $12. Bracelet watch by Dynasty; $32.50.

**Silvery tank top,** opposite, is by Sally Gee; a real find at $5. Clunky jewelry with it? Never! Add a glamorous rhine-stoned braid choker ($10) and bracelet ($8) by Red Cobra. More glitter: Riviera star barrette, $3, and Woolworth's stud earrings with 14K gold posts, $2.33. Gold-toned watch, J.C. Penney; $18.95. More information, next to last page.

**Beauty bit:** Definitely right for dressed-up dates, Sharing is a romantic fragrance for women from the makers of English Leather (for men).

BRUCE LAURANCE

YES

# Here comes a holiday landslide of perfumes

**The magic of fragrance** can be soothing or sporty, sensuous or sweet. And the fun of choosing it, for yourself or for gifts, is in matching the mood to the wearer's. But before you sniff and sample, check this guide to the many forms of fragrance (and the best ones for your budget).

**Perfume: can't miss the message!** Rich in essential oils, perfume is the strongest, most lasting and most expensive of fragrance forms. That little one-ounce bottle may contain as many as three hundred different flowers, mosses, herbs, spices and exotic fixatives to create its staying power on your skin. But once opened, it evaporates, so be prepared to use it often and wisely.

Apply perfume to pulse points—at wrists, behind your ears, behind your knees—so that each heartbeat can help diffuse the scent. Many perfumes come in airtight atomizer bottles with measured sprays—and the precious stuff lasts longer than it does in stoppered bottles. Either way, use empties to scent lingerie drawers.

**Toilet water is softer, lighter.** It lets you wear your favorite fragrance every day and save your perfume for evenings and special occasions. And it doesn't vary from the original perfume formula except in intensity. To enjoy it in different ways: Add a few drops to the rinse water when washing clothes worn close to your body. (You'll be surrounded by a fragrant new environment!) Or add toilet water to your unscented shampoo, to refresh the air each time you swirl your hair. If you wear your hair tied back, saturate a cotton ball and smooth down stray wisps with it. Mmm, nice—but don't complicate things by adding hair spray scented with something else. More is too much here.

**Cologne: the happiest splash!** It comes in the biggest bottles, costs less than its scented sisters—and it's a joy to lavish on, especially after a bath or shower. It's also the scent ingredient in solid fragrance products like roll-ons, compacts and the smoky, musky essences.

Also a delight to the senses are scented candles for creating a relaxed mood; bath oils, gels, bubbles and soaps to make a bath luxurious; and softening after-bath moisturizers.

**Fragrance profiles: Which is yours?** You may be drawn to a certain scent over and over or you may prefer to try a new one each time. But do *try* before you buy. Apply a tester spray to three different pulse points and let the scent develop. Then choose. Here are profiles of the seven basic fragrances.

*Single floral:* One flower dominates—rose, lily of the valley, gardenia and so on. Easiest to identify.

*Floral bouquet:* a blend of flowers. Like running through a field in bloom.

*Spicy:* Top notes might be cinnamon, carnation or ginger.

*Woodsy-mossy:* outdoorsy, environmental. Think rain forests, new grass.

*Oriental blend:* exotic ingredients to make you feel like an adventuress.

*Fruity:* lilting lemon, crispy apple. Some even have soda-pop flavors.

*Modern blend:* sparkle and brilliance, hard to define. Try one on and see what we mean! Want to know more about perfume? Send 75¢ and a self-addressed, stamped No. 10 envelope to The Fragrance Foundation, 116 E. 19th St., New York 10003 for their booklet on fragrance.

*More on fragrances shown, page 150*

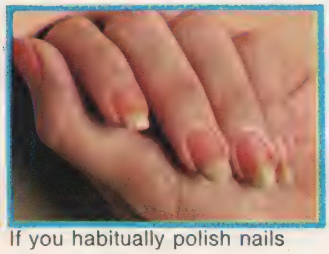
**Flowers** are the power represented here.
If you could count all the petals that went into the making of these fragrances, you'd be adding up millions of roses, jasmine flowers, carnations and tuberoses, from countries all over the world. How to choose and use them with flair? Read on

# & scents in lots of gift-happy versions!

# NAIL CARE: A TO Z

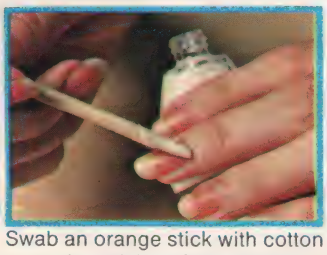
## PROBLEMS

A basic manicure once a week keeps nails pretty and well-groomed. It also helps clear up discoloration and other no-nos.



**A** If you habitually polish nails without using a base coat first, they can end up stained an unnatural shade of pink.

**B** Start your corrective work! To get rid of all traces of polish, saturate a cotton ball with remover and go over each nail.



**C** Swab an orange stick with cotton to apply cuticle softener. Then—and only then—clip your cuticles, but never too close!

**D** Give hands a softening treatment with cream or lotion, rubbing it in well, down to the fingertips. Loosen up: Flex your fingers.

**E** Now it's time to soak hands in soapy water to remove all the cream. Push back remaining cuticle with towel as you dry.

**F** With an emery board, shape nails squarely to avoid chipping problems. If you try to go too pointy, you're in for breakage.

**G** Next, use a pumice stick made for nails (buy in beauty supply shops) to help erase stains and soften rough edges.

**H** A whitening pencil is a nice touch that's worth the extra effort. Draw it under tips of nails for a clean, bright look.

**I** Your next-to-last move: a buffing to stimulate circulation. Buff downward on surface of each nail, from base to tip.

**J** Let your nails rest: Use a clear polish until they grow out and look normal again. Then give the color wheel another whirl!

**K** Nail-strengthening tip: Try Sally Hansen's Be-Long with tough nylon fibers. Brush on alone or under color.

**L** Smooth rough nail edges with an emery board before they split for good.

**M** Number, please? Always dial with the eraser end of a pencil or a special dialer, never with your fingernail.

**N** Don't pry open compacts or cases with nails; use the pads of your fingers.

**O** Heavy-duty cleaning jobs call for rubber gloves to protect against nail-softening detergents and bleaches.

**P** Nail-builder: Soak in warm olive oil once a week, even with polish on.

**Q** Feed your nails! Carrots, spinach, sweet potatoes, all high in vitamin A, help prevent dryness and brittleness.

**RST** Don't peel flaking nails. Do carry an emery board. Don't pick at cuticles.

## PATCHES

Try the wrapping method for breaks or to help build up weak nails. (It can be drying; if so, soak nails in olive oil once a week.)

**U** Do a basic manicure with a coat of clear polish, including a thorough soak in sudsy water. Clean under nails carefully.

**V** Cut strips of coffee filter paper; brush with Revlon Miracle Mender. Apply to nails; trim, leaving enough to tuck under.

**W** Papers should be placed as far down on the nail as possible to support and protect both sides and the tip of the nail.

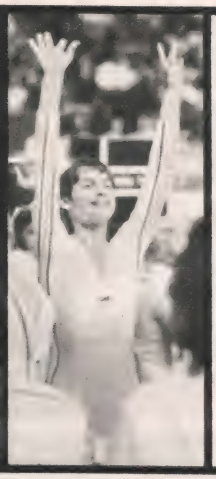
**X** Smooth papers down with an orange stick; tuck papers under tips. Dip cotton-wrapped stick in remover; smooth out lumps.

**Y** If necessary, brush on a second coat of clear polish to reinforce patches. This will also help to smooth out the nail surfaces.

**Z** The fabulous finish: two coats of polish and a top coat to seal them. Nail wrapping by Yumi Motoda of Sumi Salon, New York.

Cracker-box manicure by Ruth Tenner of Cinandre, using Vernis à Ongles/Nail Enamel in Devil Red by Chanel. Photographed by David McCabe.

ARTICLE



# WHAT'S NEXT FOR NADIA?

**BY FRANK DEFORD**

**Millions watched Nadia's gymnastic magic on television. Nadia (with mother and brother Adrian, right), has a U.S. tour scheduled for 1977**

Not since the wee angel child Shirley Temple opened her eyes wide to movie audiences trying to escape the Depression has a person so young become as famous as Nadia Comaneci did this past summer.

Instantly adored by the whole world, in the United States Nadia was all the more a phenomenon for having been—until the Olympics—a complete unknown competing in an obscure sport. (Keep in perspective that Billie Jean King, another female athlete, did not at last become a true national figure until a vain old blowhard named Bobby Riggs made her one.) Yet, within but a few days, thanks to television, a fourteen-year-old Rumanian girl with a name no one could pronounce (they know it now: it's Com-a-*netch*) was suddenly better known than Walter Mondale, better understood than Jimmy Carter and better loved than Old Glory—the other famous headliners that cluttered the month of July 1976.

To succeed on such a scale, at such a young age, may create impossible problems for the future. What do you do for an encore, when at fourteen years, you're not only champion of the world, toast of the world but the first athlete in history to be associated with utter perfection?

A score of 10, awarded subjectively by an expert judge, is 100 percent in gymnastics, and the judges handed Nadia seven 10s—the first of them, on the opening night of competition, was the first ever awarded in Olympic history. There is a certain fascination with perfection, even if you haven't the faintest idea what constitutes it.

But Nadia was even more: fresh and innocent, yet commanding and aloof; graceful and bold. Most Americans, men and women alike it seems, still appear reluctant to accept females in sports unless a certain amount of Hollywood-style femininity is mixed with the "masculine" athleticism. On the same days that Nadia was dominating gymnastics in the Olympics, her East German teen-age counterparts, the girl swimmers, were taking most of the swimming medals. However, instead of being celebrated like the lissome Rumanian, the East Germans were disparaged in the United States—particularly by their American competitors—for being husky and manlike. Nadia, on the other hand, was sugar and spice and everything nice, balanced, on the move.

Everybody wanted this gymnastic sparrow. Plans for her extended American tour, which is now scheduled to begin in early January 1977, hitting a number of cities across the country, were being formulated almost before she landed—"stuck it," gymnasts say—with her first 10. At the U.S. Gymnastic Federation in Tucson, Arizona, the phone started ringing off the wall. "It wasn't just the number of different calls," says Frank Bare, the president. "It was the variety. Caesar's Palace in Vegas. Then Mayor Daley's office in Chicago. Then *The Dean Martin Show*. Just one thing in common: Give us the little girl from Rumania!" For the first time in the twenty-two years that the magazines have been published simultaneously, a person made the covers of *Time, Newsweek* and *Sports Illustrated* in the same week. The only other subject ever to merit the honor was Secretariat, the prizewinning thoroughbred. Men may dominate sports, but at least by this standard, a great beast and a little girl have most successfully enthralled us.

All of this is important to understand, because in most respects, how the world perceives Nadia Comaneci defines her and her future more than she herself can. After all, she turns fifteen November 11 and has had limited experience in the world beyond gymnastics and the small Carpathian Mountain city, Onesti, where she lives with her father, mother and ten-year-old brother, Adrian. She is smart and mature to be sure, but she is still much too young to make crucial decisions for herself. The only way she really speaks is on the beam and the bars, on the floor mat and on the vault, where her eloquence at Montreal gained her three gold medals, a silver and a bronze.

Afterward, when the reporters were clamoring to talk to her, crowded into a lounge at The Forum, Nadia would sit unmoved (under a hockey poster of the Minnesota North Stars) and stare back at the journalists with a certain wonder. By nature—and quite unlike effusive Olga Korbut, the Soviet gymnastic heroine of the '72 Olympics—Nadia is not expressive. She seldom smiles and is difficult to get to know, even to her peers. She had to be taught how to respond to cheers, and at Montreal her waves to the crowd seemed as stylized as her regular routines. When she performs the more graceful exercises of the beam and the floor, her hands reveal more than her face. Watch them: They are forever flowing, always in the right place, reminiscent of a hula dancer drawing *(continued on page 152)*

SPORTS ILLUSTRATED PHOTOS BY NEIL LEIFER AND JAMES DRAKE © TIME INC.

**Big plans are in store for the little girl of summer who knocked Americans for a cockeyed loop in the Olympics**

THREE LIONS INC.

# DO YOU WANT CHILDREN?

**Young couples are now asking themselves tough questions about having families. Not only "How many?" but "Shall we?"**

BY DAN CARLINSKY

"Love and marriage go together like a horse and carriage," went the catchy old Sammy Kahn lyric. Marriage and babies have always gone together too. But these days things are changing a bit.

If married couples of your parents' generation raised any questions at all about having children, it was "Are we ready?" That meant, usually, "Do we have the money yet?" or occasionally, "Are we mature enough?" The question "Do we want children at all?" was almost never asked. A young woman got married and had babies, period. As recently as 1967, according to the U.S. Census Bureau, only one out of a hundred young women said they intended not to have any children at all.

By 1975, that one out of a hundred had become about one out of twenty. Among one group of coed college students, as many as 24 percent registered a vote against experiencing parenthood. There's no question about it: This decade is witnessing something of a trend, if not toward widespread childless marriages, then at the very least toward a delay in having children and strictly limited family size. To the consternation of some and the applause of others, we seem to be entering an age in which young women —and their husbands—ask not only "When?" and "How many?" but "Why?" and "Shall we?"

We are entering the age of options. There's no shortage of reasons for this new attitude: concern about overpopulation and dwindling resources; the availability of careers as an alternative to motherhood; better birth control; the increasing cost of raising a child; fear of divorce; preference for "the carefree life." All of these, and more, are making many young people pause to ponder the idea of parenthood. In the end, perhaps few marrieds will choose to remain a twosome forever. But today, for the first time, a number of them are beginning to regard parenthood as a choice, not a reflex.

The talk about hunger and world shortages has become a popular rationale for having fewer children. Population experts point out that even though overcrowding is most acute in countries like India, each child born in America will use an astonishing *fifty times* the average amount of natural resources used by a child in India; so groups like Zero Population Growth urge a maximum of two children per

couple, as parent replacements, but no more. Adoption is the route favored by many who are socially concerned.

It comes as no shock, then, that family size in America is on the decline; it's rare today to find newlyweds —particularly among the more educated and concerned—who plan on having more than two children. And one-child families are becoming more common than ever before; while only five percent of Americans today are "onlies," that figure is on the rise. Delaying childbearing is becoming fashionable, too: Although many women will eventually have a child, more than one-fifth of married or formerly married women have reached age thirty without giving birth.

But it's the ultimate population control—having no children at all—that arouses the most controversy. Generations have held motherhood along with the flag and apple pie as a symbol of America; suddenly some vocal young women are standing up to say they want no part of it. Their critics rise to the defense. "It's against nature," say some. "It's selfish," say others. "You'll change your mind," say still others.

Most married women without children learn to endure either scorn or pity. They are accused of being unfeminine and immature, or they are gently told, "Don't worry, dear—you can always adopt." To a large majority of the older generation, and to many younger Americans as well, it's unthinkable and unacceptable that a woman should *choose* to forgo the experience of motherhood.

What makes a woman decide against having children? Do such women really hate kids? Some do; most say they don't. In fact, many insist it's because they love children that they choose not to bring them into the world. If I can't devote my full attention to mothering, they say, it isn't fair to have children. And today, when feminism has opened up diverse career possibilities, many feel they must choose between a career and children. Some choose the career.

A generation ago it was a rare woman who had the opportunity to follow her husband into "the real world" of work. Today, with more than 40 percent of adult females working for pay part-time or full-time—many of them at jobs they actually enjoy—a woman has a chance to fulfill herself in other ways than through motherhood. A woman doesn't have to become a mother to give herself an identity. Dr. Lee Salk, the noted child psychologist, whose book *Preparing for Parenthood* has a section on those people who *shouldn't* become parents, thinks every young woman should be prepared for a career. "That way," he explains, "she'll have a choice. She'll never feel, 'What else can I do but have a baby?' "

Other women—and men—admit frankly that they value their personal freedom too much to be tied down by children. Parents with even one child to look after find it takes extra effort—and extra money—to travel, go dancing for an evening or even dash out for an ice-cream cone. More often than not the casual and impulsive life stops with parenthood and doesn't return for nearly eighteen years. Some see this as a necessary sacrifice for the joys that children can bring; others say it's not a fair trade. The point is, only recently have people really stopped to think hard about it.

Another negative factor pointed to is the change in a husband-wife relationship that a child often produces. Happily married couples sometimes feel a child will take away from their time together; one recent study finds a first baby typically cuts the parents' time with one another in half. Also, children frequently cause strain in a marriage—arguments over discipline and money being the most common sources.

Most revealing of all is a survey completed two years ago by a team headed by Dr. Angus Campbell of the University of Michigan's Institute for Social Research. The researchers asked single and married men and women of all ages how satisfied they were with their lives. What category proved to be most content? *Young married couples with no children.* Next in line were older couples without children, and parents whose children were grown. "Almost as soon as a couple has kids," says Dr. Campbell, "their happy bubble bursts. For both men and women, reports of happiness and satisfaction drop to average, not to rise again significantly until their children are grown and about to leave the nest—at age eighteen."

Even though childless marriages are gaining acceptance, most who choose that route complain that it's tough to make the decision. Tough enough on a personal level just deciding, but even tougher to live with because of pressures from friends, bosses, neighbors and—most of all—parents who wish to be grandparents.

Often, pressures on young couples to have children begin a year or so after marriage and increase as the years go by. Around the fifth year, generally, the questioning and prodding become frantic. There are several variations, all sounding like a broken record, ranging from the fairly subtle ("Any news yet?") to the blunt ("When are you two going to settle down and have kids?") to the crude ("Anything in the oven?").

This kind of direct pressure, along with the indirect—but equally powerful —glorified picture of parenthood presented by the press, radio and TV, is termed pronatalism. That's a word that has come to signify blind encouragement of parenthood for everyone.

As might be expected, pronatalism has given birth to an organization that campaigns not against children, as some charge, but against the idea that every married couple should have kids. The National Organization for Non-Parents (N.O.N.), headquartered in Baltimore, claims two thousand members in chapters in fifty cities and fights to make nonparenthood a socially acceptable, not pitiable, state. In fact, members object to the word "childless," which they say sounds too negative. They prefer "child-free" (which slants in the other direction).

Ellen Peck, a founder of N.O.N. and former junior high school teacher who is the author of *The Baby Trap,* points out that the decision for or against parenthood is too important to ignore, too important for just following the crowd. "I consider parenthood a job," she says, "and like any other job, some people have an aptitude for it, while some don't. The question of whether or *(continued on page 158)*

FASHION

# SNOW JOB

# IT'S SNOW MUCH FUN!

Cross-culture dash, far left: black turtleneck with multi-colored motif. Acrylic, by Ram Dam; $18. Lady Wrangler jeans; $16. Danskin socks.
A handmade look, center: red pullover with blue and white Nordic florals. Of acrylic, by Whistlestop. Smart Parts corduroy knickers; $20. Commodore cap, Medalist Ripon socks.
The accent's on down, near left: white quilted vest of nylon, by Sport Obermeyer; $44. Lady Wrangler jeans. Grandoe cap. Frye boots.
Peruvian llamas, near right, on a crew-neck. Acrylic, by White Stag; $32. Smart Parts knickers. Hot Nitz hat.
Stop-sign red, far right, for a smashing CPO jacket. Wool, by Pendleton; $35. H. D. Lee overalls; $18. Dunloggin Classics shirt. Danskin cap and leg warmers. Dunham boots. More info, next to last page. To organize a one-day ski trip, see Mini-Mag, page 45.

Beauty bit: Unwind and baby your skin after a day of skiing with outdoorsy-scented Apres Ski Moisture Rub by Bonne Bell.

PIERRE HOULES

A

D

G

B

E

C

F

H

PIERRE HOULES

Look what we found!

# Warm ups

Just because snow is cold doesn't mean you have to be! To keep warm and look pretty, snuggle into these finds.

A. Keep it bright in a tangerine cuffed cap and matching fringed scarf. At Woolworth's; $4.99. Pop them over a yellow turtleneck with wild racing stripes. United Knitwear. All of acrylic.

B. For braving the icy winds another way, a fisherman-knit cap of bulky wool-blend. S & S Sales; $7. Almost-to-the-elbow mittens knitted in green and white tweed, with colored thumb and index finger. Of acrylic, by Hot Nitz; $7.

C. Head for the hills in Tyrolean hiking boots of tan suede with fleece linings and cushiony soles. Dunham; $28.

D. What a handful! Neon-bright après-ski gloves and mittens, all of vinyl with knit and foam linings. By Van Raalte; each $8

E. For those extra-cold days: two-piece ski underwear; white with blue tulip print. By Duofold; each piece $10.

F. Feel footloose and fancy-free lounging in thermal boots that tie at the ankle. Nylon with polyester fiberfill, at J. C. Penney; $5.99.

G. Be snug as a bug in one-piece long johns with drop seat. By Duofold; $19.

H. They're out of sight: red moon boots with blue and white striping, ribbed soles. Of water-repellent nylon with brushed tricot padded lining. Dunham; $32.

I. Get the helmet effect with a bright-colored cuff hat ($4.50) and contrasting face mask ($6). Both of acrylic, by Hot Nitz.

J. Sweater and jeans pizzazz: Just add rainbow-striped arm warmers ($7.25) and a matching beret ($4.75). Acrylic knits, by Danskin.

K. Wraparound joy: a vivid five-foot knit ski scarf; lots of fringing. Orlon, by Aris; $5.

L. The Chinese influence returns in a worker's cap with piping and ear flaps. Of nylon with down filling, by Bowman Trading Co.; $16.

MMM . . . Time for a little shut-eye in a blue brushed-nylon zip-front jumpsuit. Jennifer Dale; $12. Plaid woolen slippers by Hot Sox; $7.

MAKE IT

# Say It Softly

Choose a romantic holiday sweater to crochet or knit for special occasions. The mood is feminine for a little white mohair vest, left. You'll sparkle prettily in a glittery blue-and-white-striped pullover, center (terrific with satin pants). Blue yarn of wool/Lurex. White yarn of acrylic. Think pink for a Peter-Pan-collared sweater, right, with short, puffy sleeves. Of mohair. Capezio shoes. All, Reynolds yarn. Coupon for instructions on page 149. Hair by John Pierro; makeup by Shelly Durham.

**Beauty bit: Keep skin soft all winter long with Neutrogena Unscented Lotion for Hand and Skin.**

CARMEN SCHIAVONE

ARTICLE

NICHOLAS GAETANO

# OH! MY

● When Judy was fifteen she had the first terrible attack.

"The pain was on one side of my head, and I felt sick all over as if I had the flu—sweaty, clammy, nauseous. I felt as if I were dying. I stayed in bed three days.

"I thought I must have a brain tumor or worse. So did my mother when I had the second one two months later. When I told the doctor that each headache had started a few days before my period, he said I probably had migraine.

"Ever since, I've gotten migraine headaches regularly three or four times a year. They always start just before my period, and they're on one side of my head. I always feel sick enough to stay home from school. But at least it's not a brain tumor."

● Kim never had a headache of any kind until she went away to college at seventeen: "I'd wake up in the morning with the beginning of one. It would get worse as I approached my first class and continue during the day. This would happen three or four times a week.

"The headaches felt as if a bolt of steel driven through my head was pounding away. They'd get worse just before an assignment or a test was due. Right after the exam was over, I'd feel better. I never had them on vacation. No pressure, no pain.

"I hated college that year. And because I didn't like to take medicine, I'd just get back to my room as fast as I could and lie down and cry."

Both Judy and Kim suffer from the most frequent of all human complaints. Headache is especially common among women in their teens and twenties, particularly the kind that Judy gets.

Dr. Arnold P. Friedman, a headache specialist at the University of Arizona Medical Center and former chief of the Montefiore Hospital Medical Center headache clinic in New York City, estimates that anywhere from 10 to 24 million Americans suffer from migraine headaches and that more women than men seek treatment. Researchers also speculate that more than two-thirds of all migraine sufferers are women.

The reassuring news about headaches is that in spite of the pain, they're almost always harmless. No matter how bad they feel, only a tiny fraction are caused by disease, and those are easy to identify. Rarely does a headache mean anything really bad like the brain tumor Judy and her mother worried about. But how can a girl be sure her particular headache isn't one of the rare serious ones?

"If you have occasional headaches," says Dr. Seymour Diamond, executive secretary and former president of the American Association for the Study of Headache, "or even very frequent periodic ones, it's almost always *not* due to what we call organic disease: that is, infection, an abscess, allergies, some inflammation or a tumor. Almost all—close to 98 percent—of 'normal' headaches, if you want to call them that, just come and go.

"But a persistent, unrelenting headache that seems to get worse and just will not go away should be looked into. So should a sudden violent headache that comes out of the blue, a headache that follows a blow or a fall, or one with fever, convulsions or loss of consciousness."

Few headaches, if any, are caused by eyestrain, says Dr. Friedman. "Simple nearsightedness usually does *not* produce headache. Less common focusing difficulties can create an aching feeling in and around the eyes that, in turn, can progress to a feeling of heaviness in the head and actual headache." He adds that the nature of the light you read by—whether it is too much or too little—can contribute to a headache. Sometimes reading or doing homework for long stretches under a fluorescent light can tire the eye muscles, because such light changes imperceptibly in intensity from moment to moment, requiring constant eye muscle work.

Some headaches—not many—are caused by inflammation or congestion of the nasal passages. These sinus headaches, says Dr. Friedman, can produce severe pain. If they are caused by an infection, it must be treated, and in serious cases the sinuses have to be drained by a doctor.

At least one of every ten patients Dr. Diamond sees in his Chicago headache clinic is a teen-age girl. Most headache sufferers don't consult a doctor, however; they just endure with aspirin or some simple home remedy.

A headache feels as if something horrendous is going on inside your skull, something "splitting." Or it may be like the bolt of steel in the middle of the brain that Kim described. But headache pain actually originates outside the skull, in either the muscles or the tiny blood vesels that are under the scalp or at the forehead, the top of the face, the temples or the back of the neck. Almost all headaches are caused by either blood vessel or muscle pain; some are a combination of both.

Migraines are blood vessel pain. Kim's headaches—usually called tension or depression headaches—are muscle pain.

If you want to feel blood vessel pain, tie a tourniquet around your arm to shut off the blood supply for a few minutes. The pain is caused by the contraction and expansion of blood vessels under pressure of the blood.

To feel muscle tension pain, try grinning for at least sixty seconds. Watch yourself in the mirror and see how pained you look. After the minute is up, you'll notice how tense and sore your face and forehead muscles are. That's just a touch of the pain you feel from accumulated tension in your face, forehead and neck muscles that is caused by worry and pressure. Imagine blood vessel or muscle tension pain in that thin layer of tissue outside your skull. Multiply it.

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*Richard Stiller Is the author of "Pain: Why It Hurts, Where It Hurts, When It Hurts," published by Thomas Nelson, Inc.*

# ACHING HEAD

## Headache is a common human complaint, especially among young women. What causes it? What can you do about it?

*by Richard Stiller*

You've imagined yourself a big headache!

The great majority of women's headaches are migraine, like Judy's, and like hers they start in the teens. This kind of migraine, says Dr. Friedman, "occurs primarily in adolescent and young adult females and bears a striking relationship to menstrual cycles. The headache tends to be throbbing, concentrated at the back of the head and associated with classic migrainous nausea and vomiting."

Of course, migraine doesn't have to be associated with menstruation; plenty of men get migraines, too. No one really knows what causes them, although hormones certainly seem to play a part. Worries, emotional problems and the pressures of work and competition can bring them on in some people or cause them to recur in those who are susceptible. Migraine seems to run in families, and the tendency is probably inherited. And there is a certain common migraine personality; a person who is perfectionist, competitive and usually highly intelligent is migraine-prone.

Some foods also can trigger a migraine, especially when certain chemicals have been added to make them taste better. "Migraine patients," says Dr. Everard J. Siller, a neurologist at the University of Texas Health Science Center, "are very sensitive to the flavor-enhancer monosodium glutamate (MSG); some may even be prostrated by eating a Chinese dinner that has been 'enhanced.' Another rule is to avoid cured meats and hot dogs. Sodium nitrate, a food preservative, is the offender that causes 'hot-dog headache.' "

Migraines are peculiar headaches, and no one who has had one will ever confuse it with the ordinary kind that Kim gets. As Judy says, a migraine is more like an illness than a headache. You feel sick all over. Here are some of its special characteristics:

Migraine comes on schedule: once a month, once every few months, a few times a year or—for the really unlucky ones—every week or a few times a month.

Migraine is a one-sided headache, frequently affecting the right side of the head. The word *migraine* comes from the Greek word meaning half skull.

Migraine can last as little as a few hours, but in some cases can go on for one to three days.

Migraine makes it impossible for you to do anything but lie down in a dark, quiet place and suffer in silence.

Kim's tension headaches can happen to anybody, but they seem to get worse as people get older—just the opposite of migraines. No one knows exactly how tension and anxiety cause the head muscles to tighten up. But when you're worried or subjected to the kind of pressure that comes just before a really important exam or an especially upsetting event—and when you're not sure you can measure up—you tighten up. The tightening is in the part you show the world—your face. Trying to be and to look cool can cause a lot of muscle strain; after a while that constant uptight pose starts to hurt.

Tension headache pain feels different from migraine. It is steady, does not usually throb or beat rhythmically and is usually on both sides or in the middle of the head. It comes, goes, stays, returns. Sometimes it feels like a tight band around the temples, sometimes like a dull ache in the back of the head or behind the eyes.

Dr. Diamond feels both parents and teenagers may be at fault in creating the anxiety and tension that can cause headaches. "Parents often expect too much of their kids, so they push them too hard. And sometimes teens put too much pressure on themselves. These tension headaches are usually relieved by aspirin or exercise or almost anything that makes a girl feel relaxed, from a hot bath to a hot cup of cocoa.

"The girl who should see a doctor is the one who is not able to function, not able to do her usual thing. She won't like to go to school or go out on dates, because her headaches are so bad they disable her. She is the one who may need help."

Sometimes an active girl may get a third kind of headache, especially after a hard set of tennis, a long game of basketball or any other heavy exercise. This is a kind of light-headed, dizzy, mild sort of ache, nothing as bad as migraines or tension headaches. It is probably caused by using up too much energy too fast. Teen-age girls (and boys too) need an enormous amount of body fuel in the fast-growing years. The fuel is provided by the level of sugar in the blood, and this can get too low—as it does if you exercise hard after skipping a meal. A lot of girls get these "fasting headaches" by starving themselves to stay slim.

What should you do for a headache? Most go away fairly quickly, sometimes with the help of a little aspirin, or some coffee or relaxation exercises. Sometimes with a combination of all three.

A great many of the headache remedies advertised as having "extra strength" have not only aspirin, which is probably the best and safest of all painkiller drugs, but also the chemical caffeine, which is found in coffee, tea, cocoa and cola soft drinks. Caffeine is a stimulant, and it seems to help some people.

"Doctors recommend aspirin most: *plain aspirin,*" says Dr. Friedman. He adds that in addition a headache sufferer "would be well-advised to consult a knowledgeable conductor of exercise classes" who can teach exercises that relax uptight muscles.

Heat is also a useful muscle relaxant, either in the form of a hot-water bag, a heating pad, a hot bath or a long hot shower.

Bad headaches that come from stress will respond to the way you deal with that stress. Either learn to handle the stress or avoid it, if you can. Some people let themselves get trapped in stressful situations. Sometimes they trap themselves, because they are overly ambitious or competitive. A headache of this kind is the body's way of letting you know you've been trapped.

Of course, life is too complicated to live without some stress. *(continued on page 154)*

**The great ape returns in a spectacular remake of the movie classic that teams Jeff Bridges and Jessica Lange**

# EVERYONE BELIEVES IN

# KING KONG!

**BY EDWIN MILLER** Of all monster movie favorites, Kong is king. He has the edge on the homemade creature played by Boris Karloff in *Frankenstein,* Dracula as impersonated by Bela Lugosi, and Lon Chaney, Jr.'s Wolf Man. In the forty-four years since the enormous ape first appeared, his visage has become familiar to millions. Periodically the movie pops up on TV screens, in art theater revivals. The tale of the prehistoric gorilla discovered on a remote Pacific isle thrills us still; we watch with awe, even sympathy, as he falls in love with a blond beauty only to be captured and shipped to New York. But after breaking his chains in a getaway and before he's shot down from atop the Empire State Building, his fearful capacity for destruction on a personal level overwhelms us with trepidation. It's us he's after!

We don't really want to know that an ape the size of King Kong is an impossibility because its skeleton couldn't support its body weight. Not for us the knowledge that a real gorilla is a vegetarian, gentle and shy, who only fights in self-defense. We much prefer the beast of almost uncontrollable savagery dreamed up by Edgar Wallace and Merian Cooper in the original screenplay. *King Kong* is of our century, but humans have always delighted in inventing monstrous creatures to scare themselves silly. They've been conjured up by primitive peoples and the most sophisticated, by intellectuals and fools. Monster fantasies make life more exciting. They provide handy scapegoats to give shape to our undefined fears, a way to exorcise our suppressed dark urges.

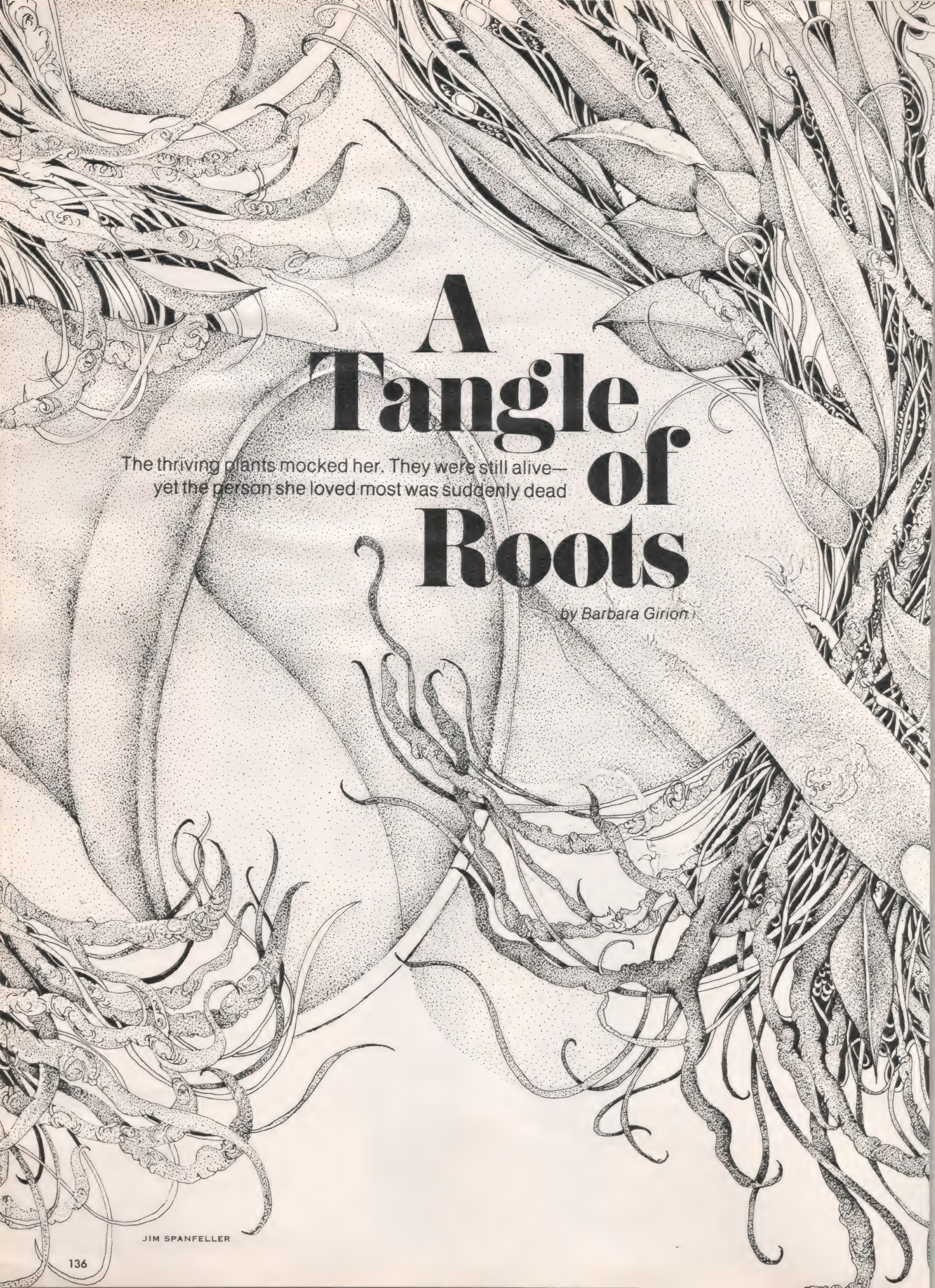
One night this past summer, lured by newspaper advertisements of the filming of a *King Kong* remake, thousands of New Yorkers swarmed to Manhattan's World Trade Center buildings, where the huge ape was scheduled to "fall" to his death (the simulated fall itself would be processed in Hollywood). Ironically, the new site for his plunge is an office tower 1,350 feet high, whereas the Empire State reaches 1,472 feet, but it helps give the movie an up-to-date look. Sightseers pressed against barricades separating them from the forty-foot Styrofoam bulk covered with Argentine horsehair and "blood" mixed from corn syrup and vegetable dye. Some, frustrated in their attempts to see what was going on, shouted, "Where's the ape?" or, "Aw, you can't see nothin', man!" But one nimble souvenir hunter even managed to snitch an eye and a tooth.

In Hollywood's 1933 original, Kong's size was an illusion. Technicians used trick photography, miniature rubber models and an eight-foot arm and paw large enough to hold Fay Wray, who played Kong's ladylove. For the remake, a forty-foot, six-and-a-half-ton mechanical monster capable of fifteen-foot strides was constructed in Hollywood. Electronically controlled, the modern Kong can roll his eyes and move his fingers. With hydraulically powered equipment a team of technicians manipulate a hand that spans eight feet—a man for each knuckle. Hawaii's island of Kauai doubled as Kong's home on mythical Skull Island. On a Paramount studio backlot a forty-seven-foot-high wall, one hundred and seventy yards long, protects islanders from the ape. And an altar, around which hundreds of extras playing natives can chant and dance to director John Guillermin's content, has been erected. The island of Manhattan itself, willing citizens and all, is used for the movie's terrifying climax.

Kong's rival: Jeff Bridges

Sitting in a dressing-room trailer at the World Trade Center is Jeff Bridges, patiently ignoring the clank of the air conditioner and the irregular banging of passing sightseers against the walls. He wears a sport shirt and *(continued on page 150)*

"KING KONG": A DINO DE LAURENTIIS PRODUCTION FOR PARAMOUNT PICTURES



# A Tangle of Roots

The thriving plants mocked her. They were still alive—yet the person she loved most was suddenly dead

*by Barbara Girion*

JIM SPANFELLER

The intercom buzzer went off in English III. I was sweating over *Annabel Lee.* Good sweating. You know, one of those essay questions you could write a book about: Point out the biographical coincidences in Edgar Allan Poe's poem.

Miss Brock answered the antiquated ringing. "Beth, Beth Frankle, the office wants you."

I was annoyed. Edgar Allan and I had great vibrations. I covered my paper with my English book, sent my friend Joyce the two-fingered peace sign and took off for the office.

Aunt Nina was standing by the attendance desk with Dr. Walters, the principal, and Miss Carstairs, the school nurse. Aunt Nina's face stopped me. She had a fever blister on her upper lip. One of those real ugly ones. Red, scabby, oozing slightly. Aunt Nina was twenty-five, a model, and never appeared in public unless she was perfect. Her hair was pulled off her face, and there were purple blotches on those famous cheekbones. Dr. Walters was talking softly.

I realized what must have happened. Grandma Bernstein. She'd been in and out of hospitals as long as I could remember. Grandma Bernstein and Aunt Nina shared a two-family house with us. That is, Grandma lived on the first floor, and Aunt Nina came home to recover from love affairs and fever blisters. This time it must be serious, or no one would come to get me out of school.

"Aunt Nina?" They turned to face me. Aunt Nina's eyes and nose were tearing. She reached out a hand to me and sort of gurgled something in the back of her throat.

"What's the matter, Aunt Nina?" I was conscious of Dr. Walters and Miss Carstairs. My God, I wished Aunt Nina would blow her nose. She really was a mess.

She couldn't seem to answer me, and Dr. Walters cleared his throat. I can still see the words he said. He spoke, but the letters seemed to print out in front of my eyes, and I read them as he was talking.

"Beth, I'm terribly sorry, but there's been a tragedy at home. Your mother . . ." I remember he stopped there and I thought to myself, "He said the wrong word, he means grandmother."

"Beth, there's no easy way to tell you. Your Mother's dead." Aunt Nina was shaking her head in affirmation. She was still making those gurgling sounds in the back of her throat.

"Are you all right, Beth?" That was Miss Carstairs.

Now Aunt Nina seemed to clear her throat. "Beth, it's true. She was at a meeting—she put her hand to her head and fell down. The doctors think . . . a cerebral hemorrhage. She died instantly. No pain. Your father is on his way home. I didn't go into the city today because of . . ." She broke off and wiped at the fever blister with the edge of a sleeve.

"No." I remember saying that. "No." Very clearly. I'm very logical. Physics and poetry are my two best subjects. I apply the same logic to both. "No." They must have been talking about Grandma Bernstein. My mother was Janet Frankle. She was thirty-seven years old, and you could have put her down in the middle of the black plague and she would have walked through untouched. "No." I said it again.

Everyone had gone crazy this morning. I knew it wasn't a dream, because my nails were cutting into the palms of my hands. Maybe it was a movie. I would run it again in slow motion backward. Walk back out the office door up the stairs to the second floor. Backward to that desk with Poe and Annabel Lee, his bride, back to where "she was a child and I was a child, in this kingdom by the sea . . ."

Aunt Nina took my arm. "We'll be all right. I've got to get Beth home to her father."

Dr. Walters and Miss Carstairs walked us to the car. "Wait," I wanted to cry. They weren't going to let me rerun the morning back to where the buzzer rang.

Aunt Nina started the car with a jerk. She was sniffling, and her hair had come loose and was falling in her eyes. How could she possibly see to get us home? "Aunt Nina, my mother is really dead?"

"Oh baby." The gurgling started again in the back of her throat.

"Where's my father?"

"He should be home now."

My mother dead? How could that be? It wasn't even lunchtime.

"Aunt Nina, stop the car. I have to go back to school. I left my lunch in my locker."

"Are you crazy? Your mother's dead, and you want to get your lunch out of your locker?"

She was starting to scream. I wondered in one of my mind compartments if she had been smoking something this morning.

"Aunt Nina, will I go back to school tomorrow?"

"Beth, are you crazy? The funeral will be tomorrow, and you won't be back in school for at least a week."

"So don't you see . . . It's tuna fish. The whole locker will stink all week. The tuna fish will spoil."

"God, give me strength. She's gone nuts. Baby, hold on, we'll be home in a few minutes."

"But I've got to go back to my locker." Why couldn't she understand? I had to get the tuna fish sandwich. My mother made it for me this morning. This morning. My mother who's dead from a cerebral hemorrhage.

The front door was open. My father was sitting on the couch. My father, who rides the Erie Lackawanna every day to get to work, had gone through the turnstile holding his attaché case, gotten off at Hoboken, switched to the New York *(continued on page 154)*

# 64 super holiday gifts to make for $8 or less

# Sheet sensations

Just think of all the great surprises you can make with a colorful printed bed sheet and some other unusual finds

1

Make this the merriest Christmas ever with one-of-a-kind gifts for family and friends. Nothing means more than something you've created yourself! **1.** For shutterbugs: Put a favorite photograph in a new perspective with an upbeat frame. All it takes is a piece of sheeting, a ready-made mat mount and polyester fiberfill to give it that puffy effect. (When making gifts with sheets, try recycling ones your mother doesn't need or scout out white sales.) By Rowann Gilman. How-tos: page 177. **2.** Roll 'em! Jewelry, that is, in a see-through plastic and sheeting jewelry roll that folds and ties for easy traveling. It's also great for keeping cosmetics handy. Ribbon trim by C. M. Offray. **3.** Tuck sunglasses inside a jazzy case that buttons shut. Both 2 and 3, Simplicity pattern 7735. **4.** Haunt your grandmother's attic or a local thrift shop for old pillowcases trimmed with lace for making romantic-looking tops. Left: bateau-neck with airy lace at shoulders and tiny cap sleeves. Right: a sexy little camisole with straps that criss-cross in back. By Pat Varney. Instructions, page 177. **5.** Surprise your boy friend with a snazzy tie that'll make him remember you every time he wears it. Simplicity pattern 7701. **6.** They're made for each other! A camisole top and knee-length skirt, made from pillowcases, each with a drawstring waist. By Pat Varney. How-tos: page 177. **7.** Quilted slippers are like walking on clouds. They're great for around the house or on the beach, pack easily too. To wash, just toss in the machine. How-tos: page 177. **8.** An envelope bag makes the perfect gift for a fashion-conscious friend. Simplicity pattern 7004. **9.** Tennis, anyone? This is one racket cover that's almost too nice to take off! There's space for a tennis ball and a pocket for carrying sunglasses, a sweatband and a comb. Instructions, page 177. **10.** Tell your friend to go fly a kite . . . this one! And when it's not airborne it can be used as a terrific wall hanging. By Rowann Gilman. How-tos: page 177. **11.** Present your mother with a cushiony fabric basket. It's perfect for holding candies, hair clips and other odds and ends. By Gini Hamilton. Instructions, page 178. **12.** Love the seashore? Cut a shell design from a bed sheet, leaving ½ inch extra on all sides. Trace the cutout on another piece of sheeting and cut. With right sides together, machine-stitch ½ inch in from edges, leaving a 2- to 3-inch opening. Clip at curves, from edge of sheeting to within ⅛ inch of machine-stitching. Turn right side out. Stuff with cotton balls, fiberfill or potpourri. Hand-stitch opening closed. Hang one on! Wear a stuffed seashell as a choker. For a loop, cut a one-inch length of braid or cording and stitch the ends to the seam of the stuffed shell where it is unstitched. Hand-stitch opening closed. Pull a length of braid or cording through loop. **13.** Wicker ways: Decorate a wastebasket, using a sheet design and paints, to give your bedroom a decorator's flair. By Virginia Perlo. How-tos: page 178. Martex sheeting in Streamers pattern was used for gifts 1, 3, 5 and 7 to 10; Martex Seaside for gifts 2 and 11 to 13. On these eight pages: hair by John Pierro, makeup by Shelly Durham and Stan Place. For yardage information for making gifts 2, 3, 5 and 8, turn to page 187.

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KEN KORSH

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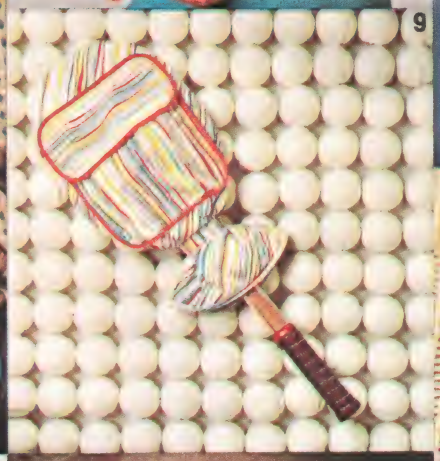
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31 32

# Mini give-aways

## Stuff someone's stocking with one of these small-scale holiday treasures

Looks like Santa's elves have been at it again, doing miniature things in a very big way! **31.** Write on! Well, not exactly; this pencil, made of salt dough and painted, is really a barrette. How-tos: page 179. **32.** What's up, Doc? Sling on a carrot neck-pouch for a whimsical touch with casual clothes. By Rowann Gilman. Instructions, page 179. **33.** Sew a tiny bag, using fabric and cording, and it's ready for wearing around the neck. How-tos: page 179. **34.** Start a zoo of animal barrettes and pins using cookies and paint. Idea by SEVENTEEN reader Cindy Martin. How-tos: page 179. **35.** The key to someone's heart could be at the end of a needlepoint key chain by Banar Designs. Coupon on page 149. **36.** Keep your directions straight with left and right pins or barrettes. How-tos: page 179. **37.** Eek, there's a mouse in the house! But she's lovable and comes in her own room. Perfect for a kid sister. Coupon for The Mouse House, page 149. **38.** Take those shells you gathered last summer and make magnets with them. Wash shells in warm, soapy water, rinse and dry thoroughly. Glue tiny magnets (find them in hardware or dime stores) to inside of shells with white glue; dry. By Barbara Muccio. **39.** This is one hot dog that goes down like a rock! It *is* a rock, painted to use as a paperweight. **40.** More rock paperweights, decorated as animals and a gum machine. All, by Toby Leder. Instructions for gifts 39 and 40, page 187. **41.** Make a romantic keyhole escutcheon necklace. Send 40¢ (check or money order) for each brass escutcheon (designs vary) with one self-addressed, stamped envelope for each order of up to three, to Ace Hardware Company, Dept. E, 130 Fourth Ave., New York 10003. By Rowann Gilman. How-tos: page 187. **42.** The needlepoint menagerie: goldfish, toad and ladybug change purses. By Tala Ltd. for Astor Place, Ltd. Coupon, page 149. **43.** For the sports enthusiast: Make salt dough barbells and add 500-pound markers at each end. How-tos: page 179. **44.** Get to the heart of the matter with a sachet-filled needlepoint pendant. Coupon, page 149. **45.** Make a pretty flower pin for your mother or a girl friend using rickrack. By Elaine Gross. Instructions, page 187. **46.** A tiny antique or perfume bottle makes a beautiful pendant. Tie a length of ribbon to the bottle's neck; insert a rosebud. By Elaine Gross. **47.** Pucker up with more salt dough magic: lips attached to a barrette. How-tos: page 179. For this and gifts 31, 36 and 43: coupon for Morton Salt's "Dough-It-Yourself Handbook," page 149. **48.** A folding frame keeps special photos private. By Rowann Gilman. Instructions, page 187.

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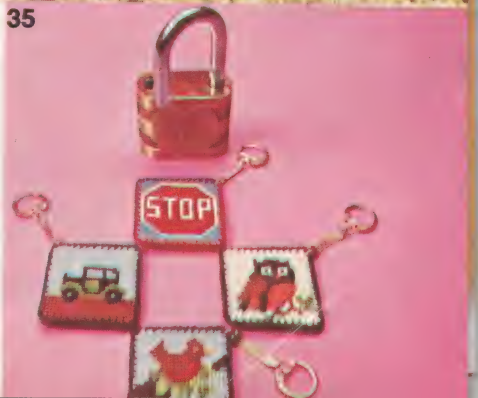



KEN KORSH

# Natural notions

## Delight friends with back-to-nature gifts in earthy colors to wear or to accent a room

Craft-lovers make things merry with basics like beads, wood and jute, plus lively dashes of fruit and spice. **49.** Tie him up in a calico mix. For patchwork tie kit with caboodle, see page 149. **50.** Flower pillow sprouts from a scramble of scraps. No green thumb needed, just good stitchery. By Gini Hamilton. How-tos, page 188. **51.** Draw a bead on a great African look! Necklace of wooden beads to string along are in a kit by Bamboula. Coupon, page 149. **52.** Two for the birds. Tie a 12-inch string onto a pinecone. Then spread a mixture of peanut butter and birdseed on it. For an orange-shell feeder, cut an orange in half, remove the pulp and fill with nuts and seeds. By Virginia Perlo. **53.** Frame match-up for good coordination. Take a design from wallpaper or Con-Tact, trace onto wood, then paint with Hyplar Acrylic Polymer paints. By Virginia Perlo. How-tos, page 188. **54.** Sewing your bag? Stitch a nifty gift tote of rug canvas. By Elaine Gross. How-tos, page 188. **55.** Deck the halls with a fabulous pinecone wreath. The works come in a kit from the J. C. Penney Christmas Catalog; $7.66. **56.** Make a rustic belt of natural jute, buckled in papier-mâché. For design on the belt, use Stencil Magic kit (coupon, page 149). The buckle is Cellu-Clay, dotted with small balls. Velcro pulls it together. How-tos, page 188. **57.** Tennis his racket? Weave a winning cover using striped and plain ribbon fused to a fabric backing. How-tos, page 188. **58.** Rawhide laces up a mucho macho bracelet. By Elaine Gross. Braiding how-tos, page 188. **59.** Crochet a jute basket for plants. By Rowann Gilman. How-tos, page 188. **60.** Matchsticks cover a Lucite frame. Cut off sulfur tips, snip multilength sticks, cement in place and shine with shellac. By Rowann Gilman. **61.** Let yourself go, and glue beans on a cigar box. Spray with clear Krylon finish. By Lee Lindeman. **62.** Scent-sational, this sachet is an apple, studded with cloves, coated with cinnamon and ginger. By Virginia Perlo. **63.** Fragrance for a bath: Cut stockings and stuff with herbs. By Laura Zuckerman. How-tos, page 188. **64.** Soft-life pillow is a real original. Stencil Magic. Coupon, page 149.

KEN KOSH

VICTOR SCOCOZZA

**Our delicious holiday ring, chock full of nuts, tangy apricots and raisins, is made from a yeast dough folded jelly-roll style, far left. The roll is formed into a ring, with a can placed in the center to hold the shape while it bakes. Cookie cutters are used on dough scraps to create the festive decorations, near left. It tastes as good as it looks.** **Turn to page 160 for the recipe.**

for a head start on the holiday season, make a batch of great-tasting gifts now, freeze or store in tins to give later. Down-right irresistibles like this nutty apricot-cinnamon ring are proof that there's nothing quite as special as something homemade. And because some of our suggestions are just too good to give away, make a few extras for yourself!
For more bake-it-nows turn the page
december
give it later!

# more holiday treats

To give or to eat: sweet toffee bars topped with almonds and coconut, sesame-seed cheese twists and festive Canadian meat pies (traditional on Christmas Eve)

## chewy toffee bars

*Bottom layer*
1 cup sifted flour
½ cup brown sugar
½ cup butter, melted

*Top layer*
2 eggs, beaten
1 cup brown sugar
1 teaspoon vanilla
2 tablespoons flour
1 teaspoon baking powder
½ teaspoon salt
1 cup shredded coconut
1 cup chopped toasted almonds
Confectioner's sugar (optional)

Preheat oven to 350° F. Combine flour and brown sugar. Mix in butter to form a smooth dough. Grease a 9-by-9-by-2-inch baking pan. Pat dough down evenly in pan. Bake at 350° F. for 15 minutes. Meanwhile, combine ingredients for top layer in order given. Spread on top of baked bottom layer. Return to 350° F. oven for 25 minutes. Let cool slightly in pan before cutting into 3-by-2¼-inch bars. Sprinkle with confectioner's sugar, if desired. Makes 12 bars. Stores well in tightly closed tin for 2 weeks.

## parmesan cheese twists

¾ cup flour
¼ cup Parmesan cheese, grated
½ teaspoon salt
⅛ teaspoon cayenne pepper
⅛ teaspoon mace (optional)
¼ cup butter or margarine
1 egg yolk
2 tablespoons water
½ cup sesame seeds
1 egg, beaten

Combine flour, cheese, salt, cayenne pepper and mace, if used. With a pastry blender or two knives, cut in butter until mixture looks like crumbs. Combine egg yolk and water and stir into flour mixture. Form dough in a ball. Wrap in plastic wrap and chill till firm (about one hour). On a lightly floured board, roll dough out ¼ inch thick. Cut into 5-by-½-inch strips. Spread sesame seeds on plate or waxed paper. Dip strips in beaten egg, then in sesame seeds. Twist each strip several times and place on greased cookie sheet. Bake in 400° F. oven for 10 minutes. To freeze: Wrap unbaked strips thoroughly right on cookie sheet. To use, unwrap and bake at 400° F. for 15 minutes (no need to thaw first). Makes about 24 twists. Can be stored in tightly covered container for one week.

## canadian meat pies

2 tablespoons butter
1¼ cups chopped onion
¾ pound ground pork
¾ pound ground beef
¼ cup water
½ cup diced carrots
1½ teaspoons salt
1 teaspoon savory
½ teaspoon allspice
½ teaspoon nutmeg
¼ teaspoon thyme
½ teaspoon garlic powder
¾ cup beef broth
4 teaspoons cornstarch
4 servings mashed potatoes prepared from a mix

Melt butter in a large skillet. Sauté onions until transparent. Add ground pork and beef. Sauté meat until pinkness is gone. Add water, carrots, salt, savory, allspice, nutmeg, thyme and garlic powder. Stir. Cover and simmer 20 minutes. When done, place mixture in large strainer; let drain. Meanwhile, combine broth and cornstarch; pour into skillet. Stir over low heat till thick and smooth. Add meat mixture. Divide among 3 individual ovenproof casseroles. Fit a pastry bag with a large star tube. Fill bag with mashed potatoes. Pipe on topping as shown below. To use right away: Bake casseroles at 425° F. for 15 minutes. To freeze for later use: Wrap unbaked casseroles tightly in foil. When ready to use, remove foil and bake (without thawing) at 425° F. 30 minutes. Makes 3 individual servings.

*See page 158 for SEVENTEEN's Make It Now, Give It Later! supermarket headquarters*

*Containers and accessories from Azuma*

# super holiday gifts to make

Clip these coupons and mail them off now to receive kits, instructions for some of the gifts shown on pages 140-145, 130, 131

**Stencil Magic**
**8 West 19th Street, Dept. 17-H**
**New York, New York 10011**

Please send me _____ Border kit(s) ($2.75 each, postpaid) for stenciling T-shirt, hat and belt shown on pages 140, 141 and 144. Kit includes three sheets of stencil patterns for cutting stencils for your own designs.
Please send me _____ Garden Fresh Border kit(s) ($3.25 each, postpaid) for making pillow shown on page 145. Kit includes precut stencils and instructions. NOTE: Kits do not include paint. Send check or money order.
New York City residents add 8 percent tax.
I enclose this amount: $_____

Name_____
(Please print)
Address_____
City_____
State_____Zip_____

**Dough-It-Yourself Handbook**
**Box 9076**
**Kankakee, Illinois 60901**

Please send me _____ copies of the "Dough-It-Yourself Handbook" mentioned on page 142 in the November 1976 SEVENTEEN. Price: $1 each, postpaid.
I enclose $_____ check or money order.

Name_____
(Please print).
Address_____
City_____
State_____Zip_____

**Banar Designs**
**PO Box 403**
**Sierra Madre, California 91024**

Please send me the following kits for the needlepoint key chains on page 142 of the November 1976 SEVENTEEN. Each contains all materials necessary for completion. Price: $3.50 each (no stamps), postpaid.

| QUANTITY | DESIGN | TOTAL |
|---|---|---|
| _____ | Stop sign | $_____ |
| _____ | Owl | $_____ |
| _____ | Bird in tree | $_____ |
| _____ | Antique auto | $_____ |

I enclose this amount: $_____

Name_____
(Please print)
Address_____
City_____
State_____Zip_____

**The Mouse House**
**PO Box 81091**
**Chamblee, Georgia 30366**

Please send me_____kit(s) for the Sewing Lady Mouse on page 143 of the November 1976 SEVENTEEN. Kit contains all necessary materials except wood finish and glue. Price: $8 (no stamps), postpaid. Catalog is available.
I enclose $_____ check or money order.

Name_____
(Please print)
Address_____
City_____
State_____Zip_____

**Tala Ltd. for Astor Place, Ltd.**
**206 Main Avenue**
**Stirling, New Jersey 07980**

Please send me the following kit(s) for the needlepoint animal purses shown on page 143 of the November 1976 SEVENTEEN. Kit contains all materials necessary for completion. Price: $4.35 each (no stamps), postpaid.

| QUANTITY | DESIGN | TOTAL |
|---|---|---|
| _____ | Goldfish | $_____ |
| _____ | Frog | $_____ |
| _____ | Ladybug | $_____ |

I enclose this amount: $_____

Name_____
(Please print)
Address_____
City_____
State_____Zip_____

**Create Your Own, Inc.**
**PO Box 393**
**Peapack, New Jersey 07977**

Please send me _____ kit(s) for the sachet-filled needlepoint heart pendant ($6.00 each, postpaid) on page 143 of the November 1976 issue of SEVENTEEN. Each kit contains supplies for making two pendants: canvas, floss, needle, scented potpourri, ribbon backing, silk cord, instructions.
I enclose $_____ check or money order.

Name_____
(Please print)
Address_____
City_____
State_____Zip_____

**That Patchwork Place**
**PO Box 267**
**Franklin Lakes, New Jersey 07417**

Please send me the following kit(s) for the men's patchwork tie shown on page 144 of the November 1976 SEVENTEEN. Kit contains all materials necessary for completion. Price: $7 each (no stamps), postpaid.

| QUANTITY | COLOR | TOTAL |
|---|---|---|
| _____ | Brown (shown) | $_____ |
| _____ | Blue | $_____ |
| _____ | Red/blue | $_____ |

I enclose this amount: $_____

Name_____
(Please print)
Address_____
City_____
State_____Zip_____

**Bamboula Associates**
**29 East 9th Street**
**New York, New York 10003**

Please send me _____ kit(s) for the bead necklace on page 144 of the November 1976 SEVENTEEN. Kit contains all materials necessary for completion. Price: $6.50 each (no stamps), postpaid. New York City residents add 8 percent sales tax.
I enclose $_____ check or money order.

Name_____
(Please print)
Address_____
City_____
State_____Zip_____

**Reynolds Yarns, Inc.**
**Box 1776**
**Hauppauge, New York 11787**

Please send me the following leaflet(s) containing instructions for the sweaters shown on pages 130-131 of the November 1976 SEVENTEEN. Instructions include sweater sizes 8-16 and vest sizes S-M-L. Price per leaflet: 50¢ (no stamps).

| QUANTITY | LEAFLET | TOTAL |
|---|---|---|
| _____ | S-42 Crocheted vest | $_____ |
| _____ | S-43 Striped pullover | $_____ |
| _____ | S-44 Peter-Pan-collared sweater | $_____ |

I enclose this amount: $_____
Include a self-addressed, stamped envelope.


# Did you ever feel you were born with dry, sore lips?

Give lips a chance to become cracked and painful and it seems there's no stopping the vicious circle. You try licking them to relieve that parching sensation. But that only makes them feel tighter, more painful.

Any condition which causes rapid moisture evaporation, like wind, sun and cold or dry indoor air in winter tends to dry lips. Those tiny little cracks which start as only minor irritations are easy targets for bacterial infection. That can mean burning, swelling even blistering.

## BLISTEX:
**Medicated help in a tube**

Blistex is a gentle ointment that soothes and helps heal cracked, chapped lips. It leaves a comforting, moisture resistant film to speed the recovery process. Blistex won't interfere with cosmetics so you can apply it every hour or so, till your lips are smooth and soft again.

You can find out more about how to care for your lips by sending for the free booklet, "Lip Care by Blistex." It talks about problems of lip care and how to keep lips pretty and healthy. For your free booklet, send your name and address to Blistex Inc., Dept. S, Oak Brook, Illinois 60521.

To help heal sore, dry, sunburned, cold sores and fever blisters, use Blistex medicated ointment. Or, to help prevent sore, dry lips caused by sunburn and windburn use Blistik, the medicated stick lip balm. Both these medicated preparations are available at drug stores and supermarkets everywhere.

## ON THE COVER

November finds our model, Sarah Forristal, bundled up and ready for all kinds of winter sports, from skiing to ice skating. And that calls for lots of pretty protection. Her fabulous look begins with All-Day Oil Control Make-up in Creme Beige. SuperSheer Natural Blush in Rosy Glow gives her a healthy, outdoorsy dazzle. For eyes, it's One-Stroke Eye Color: Avocado Ice on lid, Brown Sugar blended to brow. Then lots of Thick Lash mascara in Black-Brown, plus moisturizing Lip-Slick in Bare Berry. All makeup is by Cover Girl. White jacket by White Stag. Aris acrylic-knit mittens keep hands nice and warm (stores, page 187).

Hair and makeup by Irving Licht. Our cover photographer this month is David McCabe.

## . . . KING KONG!

*continued from page 135*

slacks, and his face is partially covered by a beautifully bushy brown beard. The twenty-nine-year-old actor plays the anthropologist who, together with Charles Grodin as an enterprising oilman, brings Kong back to the United States for display. (In the original, the parts were taken by Robert Armstrong and Bruce Cabot.)

"The story has not been changed a great deal," Jeff remarks. "It's still about a primitive, perfect creature captured and exploited by man. To me, Kong represents our blind, primal instincts." On another level, Kong the all-powerful paradoxically becomes the victim. "The movie's a comment on what we're doing to the world," he adds. "How we can wipe out a whole species." Jeff has loved the movie since he saw it as a boy. "When the part was offered to me," he says of the new version, "I just sat and thought about the photographs of scenes from the picture I'd have to look at when I'd be an old man!"

Now, as an actor, he finds the experience priceless. "Think of running down these streets, pretending you're running from a monkey you never see!" Jeff's encounter with Kong will really be an illusion confined to the screen. "It's like acting in a dream," he exclaims. "You're asked by the director to react to Kong 'over there.' But nothing's there! So you have to use your imagination and deal with symbols. For instance, I'll look at a box, any object, and that will become King Kong.

"Kong is everything I fear in life. It's funny, but when I was a little kid, I used to experiment with fear. Like I'd walk into a dark house—as I grew older I learned that if I could concentrate on finding the light switch, I'd keep all the scary fantasies away. I'd go in and feel the fear coming on, but instead of thinking about putting on the light, I would allow all my fears to take over so I would be scared stupid. I remember doing that with a flower once. I looked at a rose and imagined it greasy and oily as if it were from another planet, a totally foreign thing that I'd never seen before. A thing unknown and full of fear." Jeff pauses, his voice fades away. "Just plain fear," he says, "it's in all of us. Kong doesn't have to be there. We just use our imagination. I still don't always go for the light switch. I enjoy scaring myself.

"I find fear is what we must do battle with—but you must twist the emotional energy around so instead of blocking you it can become something very powerful to help you along. That's what we all want, to conquer our fears. Otherwise, if you keep accumulating tensions inside of you, they take up a lot of room in your head. It's only when you express your anxieties through communicating to others," he says, "that you can pierce through them and fill the empty space that's left with a sense of elation and joy. Sometimes if I'm afraid of someone, I can get so uptight that I'll break out in pimples. I find it takes the scary edge off meeting people to see them all as characters in a book or a play. I love characters. Or I imagine that person the way he was at sixteen—that pushes aside a lot of boundaries too."

Jeff uses his emotions in his acting. "I really identify with my pictures," he explains, talking of such films as *The Last Picture Show; Hearts of the West* and *Stay Hungry*. "I don't know how else to work. Sometimes I'm playing on the fear side, sometimes I'm playing on the other side. Fear or its absence has to do with everything. I don't think I felt more fear than the average kid growing up—probably less, because my parents [his father is TV and movie actor Lloyd Bridges] gave me so much love. That's where my roots are."

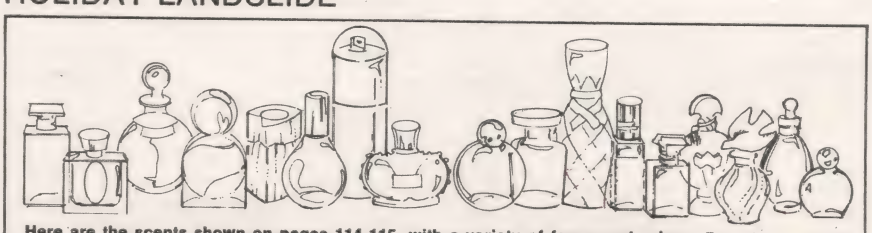
Jeff looks through the window of his trailer. "Last night was the summer solstice," he muses, "the first day of summer. In ancient times that would have been a very holy moment with the moon and sun and stars in a particular conjunction. I'm sure they didn't plan it that way, but there were powerful vibes here when we started shooting."

In the adjacent trailer is Jessica Lange, making her movie debut in *King Kong*. For the death scene she's in costume, wearing a stunning backless silver evening gown covered with glittering beads. Raised in Minnesota, Jessica came to New York seven years ago when she was eighteen because of a boy she knew. At home she was a ballet student—her mother had been a professional ballet dancer—and she became interested in modern dance. Then she went on to study mime in Paris with Marcel Marceau's teacher. Mime led to acting, and she returned to New York to study dramatics, working as a fashion model until she was signed for the movie. "Modeling was difficult," she says, "starting from the bottom, making the rounds, putting a portfolio together." But when her photo was spotted by a top Paramount Pictures executive, she started at the top as an actress and was flown to Hollywood for a screen test for the Dino De Laurentiis production.

"The association everyone makes with *King Kong* is Fay Wray," Jessica remarks. "If I were going into a remake of a period costume movie like *Gone with the Wind*, where I'd be competing with Vivien Leigh as Scarlett O'Hara, I'd panic. But this movie has been updated to 1976." (Actually, if it's successful, Universal Pictures plans to remake the first version set in its original period, calling it *The Legend of King Kong*.) "The character is completely different now, and I don't feel I'm under the shadow of Fay Wray at all. In the original the girl does nothing but scream. She's frightened to death. Now she is a very liberated, free-spirited, adventurous girl, who isn't frightened about doing what she wants to do. She's able to deal with problems. At first King Kong is frightening, and the end is mind-blowing, but in between she establishes a kind of rapport with him. The thing I love about our script is that my character is crazy enough to think she can relate to Kong. She talks to him; they get angry with each other. It's preposterous but fun. The story is a timeless classic, an allegory about beauty and the beast that, in a way, is very tragic."

In his trailer, Jeff has a last thought. Nodding his head toward the World Trade Center plaza, he says, "I think they ought to keep this monkey out there. They should bronze the dude, then leave him. Man, it's a great symbol—the loss of innocence. The fallen ape!"

## HOLIDAY LANDSLIDE



**Here are the scents shown on pages 114-115, with a variety of forms and prices.** From left to right: 20 Carats by Dana, 1 oz., $35; ⅓ oz. spray purser, $6. Diorella by Christian Dior, 1 oz., $50; ¼ oz., $15. Je Reviens by Worth, 1 oz., $42.50; 2 oz. cologne, $6. Babe by Fabergé, ¼ oz., $10; 4 oz. cologne, $9.50. Essence Rare by Houbigant, 1 oz., $45; ¼ oz., $18. Masumi by Coty, ¼ oz., $15; 1½ oz. cologne, $4.50. Fresh Lemon Body Mist by Love, 3¾ oz., $4. Wind Song by Prince Matchabelli, 1 oz., $30; ¼ oz., $10. Amour Amour by Jean Patou, 1 oz., $37.50; ¼ oz., $11. Charlie by Revlon, 1 oz., $35; ⅓ oz. spray concentrate, $6.75. Belle de Jovan by Jovan, ⅓ oz., $10; 2¼ oz. eau de cologne, $10. Rive Gauche by Yves Saint Laurent, 1 oz., $35; ¼ oz. spray purser, $12. Chanel No. 5, 1 oz., $45; ¼ oz., $12.50. Shalimar by Guerlain, 1 oz., $40; ¼ oz., $12. L'Air du Temps by Nina Ricci in a single-dove flacon, ½ oz., $37.50; ⅛ oz., $8.50. Halston, 1 oz., $65; ¼ oz., $19.50; 2½ oz. cologne, $9. Skin Musk concentrate by Bonne Bell, ½ oz., $5.50; 1 oz. spray, $4.50.

To most people my diamond says I'm engaged.
To me it says I'm in love.

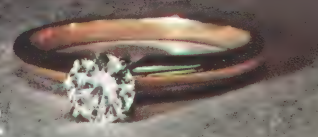
People look at my ring and automatically think of the ceremonies—the parties, the showers, the announcements. But Gary and I...well, we're private people.

Our idea of a celebration is driving up to the lake and having a picnic with the squirrels.

My diamond has a very personal meaning, too. It symbolizes all the private feelings we share together; all that goes into making our relationship special, different from everyone else's.

I know to the world it says we're getting married.

But to me, it says why.



A diamond is forever.

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in skin care.


## WHAT'S NEXT FOR NADIA?

*continued from page 119*

messages in the air.

If anything, she is a stoic. She has pioneered dangerous new territory in her sport; the American gymnast Ann Carr calls what Nadia risks "madness." And yet Nadia avers blandly that she has never been scared. Has she ever cried? "Never." Her coach, Bela Karolyi, supports this claim. He has never seen her cry, and he has been coaching her since she was six.

In Communist East European countries, the state takes an active interest in young athletes of both sexes—especially those who show potential in Olympic sports and who can bring reflected glory to the nation. Since 1962 Karolyi has scoured kindergartens in search of gymnastic talent. It was there that he discovered Nadia. He tested her immediately. "We take the ones who show promise to the gym for a look," he says. "A fifteen-meter sprint, a long jump and a walk on the balance beam. If they are afraid of the beam, we send them home right away."

From those with aptitude and bravery, much is expected. Nadia continued to live with her family in their downtown apartment—her father is an automobile mechanic, her mother an office worker—but each afternoon after school and a long nap she walked the few minutes to the gym, where she devoted three or four hours to gymnastics. Almost all year long she stays on a special lean diet—no breads, no sweets. Only her powerful thighs belie her thinness. Says one woman sportswriter (and not unkindly): "She looks like a chicken breast." But while she now weighs only 86 pounds and is barely five feet tall, Nadia is cut high, with proportionately long legs that make her look much taller from a distance and suggest, as well, that she might grow much more. This in itself might be a problem, as almost all gymnasts, men and women, are short and compact. A small body mass also helps a gymnast because she is in the air so much.

Karolyi entered Nadia in her first competition, the Rumanian junior championships, when she was only seven, and as the youngest competitor, she finished a creditable thirteenth. She has never since finished less than first. Following that first competition, Karolyi gave Nadia an Eskimo doll he had bought in Amsterdam. It encouraged her to start collecting ethnic dolls as a hobby, and she now has two hundred, attired in native dress. Nevertheless, in Montreal she refused to pose with any dolls, because she felt that such photographs would give the impression she was still very young.

She refuses to let Westerners cling to the simplistic notion that she is some kind of Communist automaton, relentlessly going through the motions. "Of course now it is more work, where once it was all fun," she says. "But I don't feel that I have lost my childhood. I still practice with much pleasure."

While it is generally accepted that most child celebrities are psychologically damaged by the experience, Nadia's coach takes the original view that stardom from a young age can be handled with less difficulty than if it comes later on. "It is emotionally easier for a young person to bear such success than for an adult," Karolyi says. "Of course, it is very important for me and my wife to occupy ourselves with Nadia. It is up to us and her parents to see that she remains what she is, a normal girl of her age. She is well aware that she is first of all a schoolgirl and a member of our team, and each time we go abroad, her only concern is to come back to her family as soon as possible."

Nadia is a good student, enjoys other activities—skiing especially—and despite the fact that experts recognized her as best in the world even before the Olympics, she is not yet too sure of herself. After she performs but before the score is flashed, she invariably looks over to Karolyi for his reaction. Only when he gives her a soft, reassuring nod does she truly believe that she has done it again.

It is natural to ask how Nadia, who has achieved the ultimate success at such a young age, can hold that pitch for another three years to the age of eighteen or so, which is when most gymnastic champions reach their peak. Even before she won at the Olympics, Nadia had performed all over Europe, toured the States (her favorite bit of America is Disneyland) and become a sensation in those parts of the world where gymnastics are most popular.

In Nadia's case, there is much to suggest that she can keep it up. For one thing, she is utterly dedicated. "I am so good because I work very hard for it," she says. "Gymnastics requires grace above all, but also courage, perseverance and hard work."

Nor does she seem to be easily impressed or distracted; she competes with herself, not with her competition. At Montreal the press tried to build up a personal rivalry between Olga Korbut and Nadia, but Olga could have been performing on Mars for all the attention Nadia paid her. She was so focused that she seldom even thought to acknowledge the performances of her best friend and teammate, Teodora Ungureanu. Champions are in trouble, no matter how old they are, as soon as they start to look over their shoulder; Nadia doesn't even glance to the side.

Finally, she is challenged much more by what she can accomplish than by what score the judges might give her; in a sense the scores are almost incidental. For example, on the uneven bars Nadia does two free hip circles, then flashes up to a handstand on the high bar. Other girls might do one, at a less daring angle. Until Comaneci did it, no girl would even try. Her dismount—coming off the high bar in a forward motion, then twisting into a back somersault—was so startling that it was instantly named after her, the Salto Comaneci, the first time she performed it in 1975. On the floor, she was the first woman to do a double backward flip, and then one with a twist as well. (She also does a little boop-boop-a-doop number to the tune of *Yes Sir, That's My Baby* that in its own way is just as nervy.)

Competing in a meet once with Mitsuo Tsukahara, the great Japanese men's champion, Nadia performed the so-called Tsukahara Vault—a piked back somersault Tsukahara had invented—to obtain a perfect 10, while the inventor himself had to settle for a 9.3. "I think what a man gymnast can do, a woman gymnast can do too," Karolyi says. "The difference is only preparation. And because Nadia is so young, there is no fear, no problem."

"There is always the challenge inherent

in gymnastics to do something that nobody has ever done before," Frank Bare says. "At Montreal, on the uneven bars, she did something—a piked front somersault in a straddle position from top bar back to top bar—that people had talked about before, but no one, man or woman, had ever tried it. And Nadia pulls it off like a piece of cake. That must be more exciting than getting a 10!"

Above all Nadia has the rare opportunity to fuse with her sport, then to carry it personally into new realms. Only extraordinary champions can transcend their sport. In the United States gymnastics has enjoyed a tremendous surge in popularity, especially with girls and especially since Olga Korbut became the darling of the '72 Games. But the reaction to Olga was different from what followed for Nadia. Much of the little Russian's appeal was personal. She cried, and we cried with her; her acrobatics wowed us. Olga was show biz. Nadia was beyond that—always distant, ever in command, awing an audience. Strangely, especially for a pretty little fourteen-year-old, there was no great feeling of affection flowing from the crowd that watched her. She seems absolutely ageless already, so that what lies ahead in the rest of her teen years should not be nearly so difficult for her as for other people who are less than perfect.

## THRILLS, SPILLS & CHILLS

*continued from page 121*

best one—of three bull-riding sisters. The girls drove 2,000 miles in one weekend to enter a rodeo, and Annette missed fifteen weeks of high school this year because she was on the road. "I don't dislike school," she says, "but sometimes it gets in the way." The only GRA rodeo she skipped came the weekend of her junior prom. But she missed that too, because her date's heifers chose that night to have their calves. "You can't leave them alone, or they'll die," explains Annette. "But that's all right. Cows have to come before dates. Just like with me rodeo comes before guys." However, Annette has not lacked guys. She has a boxful of rings and trinkets from cowboys she's met on the road. "They all think we're going steady," she says. "But the rings stay in the box, and I go out dancing."

Annette recently attended a bull-riding school taught by a famous old-time cowboy. "There were sixty guys and me," she says. "I learned a lot." During one week she had both knees kicked—one by a wild horse, one by a bull—and had friends carry her into the arena so she could keep riding. "You don't quit, unless you can't move," says Annette. At Pueblo West, little sister Susie, age fifteen, is hurt the first day and limps away from her horse. She's back the next day competing. "I need the prize money," she says simply.

Most of the cowgirls are not being supported by rich daddies back home. If they lose too often, they can't meet rodeo expenses and they leave the circuit for a while to work. "You really need to get a husband who's in rodeo too," says one girl half-seriously. Many of the young girls are married, and the men's rodeo prizes—considerably higher than the girls'—pay both sets of expenses. "Most of the girls are minus zero in winnings," says Sheila Bussey, who appeared on CBS-TV's *Challenge of the Sexes* riding bulls against the top male on the circuit. "The men are better than us because they can make a living off rodeo—so they get more practice." When Sheila won her first championship in 1973, she earned barely a thousand dollars. Now a top female rodeo star can make about $25,000 in a year. A man can make two or three times as much—but even that pales compared to the huge salaries paid athletes in other sports.

The first event of the day is calf roping. A small animal comes shooting into the arena, followed in fast pursuit by a mounted cowgirl, who attempts to tie the calf's feet. "This sure ain't easy," chortles the announcer. Many of the girls miss the calf with their rope and trot away dejectedly. One girl bails off her horse too fast and dives headfirst into the mud. She recovers fast and ties the calf in almost winning time.

"I think this takes more work, practice and talent than any other sport," says Gloria Paulsen, a onetime college gymnastics champion from California. She quit gymnastics because she wanted something more challenging. "There aren't as many variables in gymnastics as in roping," she says. "Bars don't move. A calf does." Like most rodeo events, roping has a practical use—to catch range animals that need medicine or branding.

Rodeo is billed as family entertainment, and interspersed with the riding events are clown and trained animal acts. Most of the girls find the interruptions annoying, but they understand that rodeo still has to be sold to the public. GRA regulations require cowgirls to dress well at all rodeos—they pay for their own clothes—and wear colorful western hats. They can be fined for ignoring this rule.

Rodeos are also bastions of traditionalism and frontier attitudes toward women. "That means girls are expected to work damn hard but still take care of their men," explains one cowboy. Participants believe in home, God and country. In the opening ceremony at Pueblo West, Old Glory is saluted as a blond girl on a horse rises out of a red, white and blue birthday cake. Cowgirls are reluctant to talk about feminism, mostly because they're confused about what it means. "I don't believe in all this stuff about women's liberation," says Roxi Bratcher of Nash, Oklahoma, who travels and ropes with her thirteen-year-old sister, Rhonda. But Roxi then says that the pay in girls' rodeos should be upped to equal the men's and that "I've always been career-oriented and wanted to excel." Roxi dates mostly cowboys or guys she knows from her college, where she plays basketball. "Western girls grow up with sports," she says. "Eastern guys wouldn't understand us."

The sponsors of the Pueblo West rodeo are concerned that cowgirls have too tough and rowdy an image, so they hold a beauty pageant one night. Eight cowgirls parade around in bikinis, and finally shapely Gloria Paulsen is handed a check and a trophy that says "Miss GRA." The contest is basically unnecessary, since most of the cowgirls are, if anything, too concerned about how they look. "I'd never go into the ring without fixing up," says Roxi, who covers her natural tan with layers of makeup. There's more green eye shadow at the rodeo than in a makeup artist's bag. Cindy Alexander, a champion team roper, wears three diamond rings when she rides—one set in the shape of a horseshoe. Her long, manicured fingernails are polished in burnt red.

Family is emphasized on the western rodeo circuit. Many cowgirls have babies right after high school. Cowgirl Jan Edmundson is thirty-two (you're a cow*girl*—or cowboy—no matter how old you are) and comes to the rodeo with her seven children packed into a camper. Her oldest daughter, fifteen-year-old Tonya Tucker, enters the bull and bareback riding events along with her mom. "People used to tell me that I wouldn't be able to have kids if I kept up in these wild rodeos," laughs Jan. "I actually had the easiest time in labor—all seven times—of anybody I know." It's a common theme: The tough conditioning of rodeo makes childbirth simple. Sue Pirtle Hays, one of the big money-winners on the circuit, made headlines by riding broncs at the world championships last year. She was eight months pregnant. "The hardest thing about it was that I had to balance two people instead of just one," she says. This year, baby Ty is in the audience, gurgling while twenty-three-year-old mom wins more money.

Because cowgirls have so many responsibilities at home—farm chores, exercising and feeding their horses—they don't have much time to be rebellious. "My friends get a high on horses," says Jean Fuchs. "We don't need any other kicks."

"Rodeo people are the best people in the world," says Annette Pollard. "You'll never meet people this friendly anywhere." It seems true. The girls are competitive, but they're always helping each other and offering hints on how to do better. It's a curious situation—something like Chris Evert confiding to an opponent the best way to beat her.

Cowgirls are virtually the last independent athletes. They don't get paid for appearing at the rodeos, and if they lose, they wind up without money. They have no teams or coaches; they depend on themselves and each other. They pay all their own expenses, often traveling alone in campers and vans pulling horse trailers. They stop at a rodeo for a day or a weekend, then move on. When the road gets too dirty, they'll share a motel room one night with a few other girls. Few of the girls see anything strange about being in rodeos. Says bull-riding champ Suzy Thomas: "It used to bother me that the guys at school talked to me rough because they knew I rode livestock. But now I figure, at least they talk to me!"

A typical cowgirl is Deb Leatherberry, who lives in Billings, Montana, with her husband. Both are on the pro tour: He rides bulls; she rides broncs. They were married when she was nineteen, and the whole ceremony took place on horseback. Deb stopped smoking recently, because she found that it was cutting down her wind and stamina. Now she chews tobacco. "I go to rodeos because I like things that are wild," she says. "The wilder and woolier the better."

When the rodeo at Pueblo West is over, Deb has a faceful of dirt and no prize money. She picks up her spurs and ambles over to her camper, ready to begin the trek to the next rodeo. "Don't worry," she grins, her chewing tobacco clenched between her teeth. "I'll give 'em hell next time."

## A TANGLE OF ROOTS

*continued from page 137*

train and reached his office. Then he turned around and came back to Millburn, New Jersey, because his wife had dropped dead from a cerebral hemorrhage.

I started to feel the trembling. It was inside me someplace, cold, like a giant icicle growing from the pit of my stomach and spreading to my hands and feet. I was afraid to walk into the room. Where was my mother?

"Aunt Nina, what did they do with my mother?"

"Oh, honey, she's not here. The funeral parlor took her body from the hospital."

My father looked up at me. Or he looked up at the doorway where I was standing. I don't think he saw me. The trembling was getting worse.

Grandma Bernstein was standing in back of my father. She had a handkerchief in her mouth, and she was swaying back and forth. "Oh, Beth, what a terrible thing for a girl to grow up without a mother. My Janet, my Janet . . ."

Aunt Nina walked over to Grandma. "Ma, stop."

But it was as if someone had wound up a spring, and the words kept spinning out. "My daughter—pure gold, my Janet . . ."

*Mother!* I ran into her bedroom. Her nightgown was lying across the pillow. I picked it up and buried my face in it. It was still warm, and it smelled like her. Everyone has a smell, and this was my mother's. The smell of my childhood.

I trembled the time away until the funeral. Grandma Bernstein insisted that mother have an Orthodox Jewish burial. I wanted to tell her that it was too late to appease God, but she had to have everything just so. My father didn't care. Aunt Nina soaped the mirrors so we couldn't see ourselves. And then hard little wooden stools were delivered to the house. We were supposed to sit on them during *shiva,* or the period of mourning. Hard, uncomfortable, to remind us in case we forgot.

Rabbi Morton spoke to us before the service. He delivered the sermon at my bas mitzvah three years ago. The night before the funeral I had felt the familiar cramping in my stomach, as if a rake were scraping along the lining. My period was a week early.

I tried to concentrate on Rabbi Morton. He kept telling me I had to be brave for everyone. *"Why* do I have to be brave?" I wanted to shout at him. My father had fortified himself with Scotch. He looked a little seedy, because he wasn't allowed to shave during mourning. Aunt Nina had some makeup on the fever blister, but it looked smeary, and you could see the crust through the pancake. Grandma kept crying, "Why didn't God take me?" I wanted to say "Grandma, why *didn't* He take you? You are old. Why didn't you die instead of my mother?"

*Mother!* I couldn't remember what she looked like. I felt the trembling spill warm blood between my legs. Joyce had hardly looked at me when she had come to the funeral home. None of my friends had. They were embarrassed. What do you say to someone whose mother has just died?

The Rabbi talked on. Then he pinned black ribbons on us, took a razor, mumbled a prayer and slashed the ribbons. My Grandmother screamed. He explained that in the old days people ripped their clothes but now we would wear this black ribbon for thirty days' mourning.

He murmured something about God's mysterious ways. I wanted to ask him what God, but I was afraid. Then everyone told us how beautiful the service, coffin, cemetery and grave were. I remember the big black Cadillac with a chauffeur from the funeral parlor. The car was so plush you could get swallowed up by the seats. I used to think I'd go to movie premieres this way, back in the days when I was little and had a mother. But now I was swallowed up in a limousine that was taking me to where the earth was going to swallow up my mother.

*Mother.* What did she look like? Grandma said it wasn't dignified to let people look into coffins.

It was a movie of a movie. Someone pushed a clump of dirt in my hands. My father recited Kaddish. Someone else pried open my fingers and made me drop the dirt in the ground. I didn't look down. It was just a hole in the ground. My mother wasn't there. I didn't know where she was. Maybe she was still in her nightgown. I had hidden it in my closet. When I got home I'd smell it. Maybe I'd remember what she looked like.

When we got home we rinsed our hands outside by the steps. All the neighbors had prepared food. "Eat. Eat, darling, you look pale." Someone handed my father a plate. He was seated on his little bench. Mrs. Benson was holding a glass out to him. She lived around the corner. She was thirty-one, blond, divorced. My father is a handsome man. My father didn't have a wife anymore.

I walked into the kitchen. Everyone had begun to leave. They had done their duty. It wasn't their death.

My mother's plants spilled greenery all over the kitchen. Hanging from pots, on the floor, the window sill. She was so good with them. I never even bothered to learn their names. The last time she and Dad went away for the weekend I wouldn't even water them for her. Why should I?

If not for me, I think she would have lived in the city. But she always said the schools were lousy in New York. So she suffered in the suburbs for me, and I wouldn't even water her stupid plants.

The icicle that had been growing inside me for two days seemed to splinter. It was hard to catch my breath. There were three plants on the windowsill. I put them in the sink. I was going to water them. Then I caught a look at myself in the kitchen window. My nose with its bump. Now I'd have to get a nose job. Aunt Nina and Grandma wanted me to have one. My mother didn't. I have a nose only a mother could love, and now I didn't have a mother to love it.

I ripped the plants out of the pots one by one. I started to strip the leaves off, but that was too slow. I yanked the tops so there were holes in the dirt, and the plants lay naked with their fragile white-brown roots exposed. I think I would have pulled out every plant in that room. My dead mother's living plants so neatly growing in her kitchen.

My father walked into the room. He just looked at the dirt and the tangle of roots in the kitchen sink. He didn't say anything, just put his hand over my wrist. I had a plant half in and half out.

He opened a drawer and handed me a spoon. He took a fork for himself. He started pushing the dirt back into one of the flowerpots. He handed me one of the plants. The roots dangled helplessly. "Plant it." I put it in the hole and patted down the earth. He handed me another, and I did the same thing. We worked together silently. There would be time later to think about matching the plants and untangling them. Right now it was enough to get those bare roots back into the ground and close in the spaces around them.

## OH! MY ACHING HEAD

*continued from page 133*

What Kim did was to change her college program. She had entered a fine arts course she *thought* she wanted, but when she found out she really hadn't the necessary artistic talent, she naturally became anxious, tense and fearful of failure. She has shifted to a psychology major and is far less tense. She suffers few headaches now. But she'll have to watch for the new headaches that may arise when she meets new stress situations.

Migraines are tougher to lick. Once you get them, they tend to stick with you. Tension makes them worse, but freedom from tension won't cure migraine. There are medications doctors can prescribe for the pain (one of them includes caffeine); but if you can, it is probably best to try to handle migraine the way Judy does. As soon as she feels one coming on—migraines telegraph their punches—she goes into her room, pulls the shades and lies down with her eyes closed. Silence is important. The rest of the family has to turn down the TV and refrain from slamming doors or talking loudly.

Many doctors think that too many young people get into the habit of taking painkilling pills. The headache and the pills reinforce each other; a girl finds herself starting a lifelong habit of pills–headache–pills.

Dr. Diamond cautions that birth control pills can trigger migraines in people who are susceptible. Dr. Friedman agrees. "In most cases, the pill is inclined not only to fail to afford relief from menstrual migraine but, in fact, to make the migraine worse!"

Not all doctors are headache specialists. If you have a headache problem and don't know where to turn, try calling the neurology department of any big hospital, medical center or medical school in your community. Ask for the name of a headache specialist.

*There are some excellent headache clinics. Here are a few: California Medical Clinic for Headaches, 16542 Ventura Boulevard, Encino, Calif. 91316; Diamond Headache Clinic, 5252 N. Western Avenue, Chicago, Ill. 60625; University of Kansas Medical Center, Kansas City, Kans. 66103; Mt. Sinai Hospital Medical Center, 11 E. 100th Street, New York, N.Y. 10029; Southwest Headache Group, 6036 N. 19th Avenue, Suite 205, Phoenix, Ariz. 85015. The newsletter published by the National Migraine Foundation, 2422 W. Foster Avenue, Chicago, Ill. 60625, provides additional information for people who suffer from migraine.*

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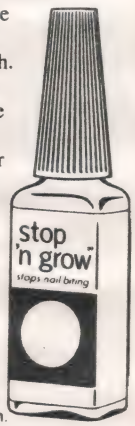


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TEENWORK

# Venomous Vegetation

You plant them, water them, talk to them—and they'll crowd you out of house and home

*by Anne Stark, 17, Bellevue, Nebr.*

You know that fat little appendage on the hand that some people call a "green thumb"? Well, mine's a failure. I'm ready to turn in my watering can and hang my head in shame for all the philodendron, coleus and whatever else I've killed. And I've accepted the fact that plants really do have personalities and that someday they will ruthlessly rule the world!

Oh, sure, plant raising started out as a harmless little hobby for me—a cactus here, a begonia there. But within a few weeks, I noticed a change—my plants were not the healthy-looking darlings I'd adopted at the Floraphile Shop. Even my friend Erma agreed they "lacked something."

"They look so depressed," she sympathized. "Hey, maybe you aren't talking to them enough."

"Not *talking* to them?" I sputtered between giggles. "Erma, I never thought *you'd* fall for that garbage!"

Nobody was going to catch me acting like a weirdo plant freak, talking to a bunch of greenery! But as the days wore on and cactus needles dropped and begonia leaves drooped, I thought a kind word now and then might not hurt. I started out by cracking a few jokes. No response. I told them stories. They rallied a bit. Encouraged, I gave them names.

"Come on, Henrietta. You can do it. Shape up, Gladys, you look a little green around the gills . . . ha-ha. Okay, so I'm not Bob Hope . . . so what do you expect at seven in the morning?" Gladys dropped a leaf.

I decided this insane chatter was getting me—us—nowhere, and I charted my next plan of action. I concluded that my plants must be lonely. After all, a cactus and a begonia make a pretty odd couple. I bought more plants. Soon the floor was filled with avocado trees and hardy pepperomia. English ivy traversed the walls. Coleus poured from ceiling planters. Henrietta and Gladys perked up for a while but soon relapsed. The other fifty plants followed suit.

"You snobs!" I yelled at Henrietta and Gladys (I'd stopped the gentle coaxing a long time back). "I try to open up a whole new social life for you and how do you repay me? You're nothing but a couple of antisocial ingrates!" In a rage I grabbed Gladys by what I thought might be her neck. "It could have been so perfect, you nasty cactus. I was going to cross you with a coleus!" I slapped Gladys silly. I felt a little guilty, but the beating must have knocked some sense into her because she started growing . . . and growing . . . and growing.

Soon after my attack on Gladys, Henrietta began to bloom. In fact, all the plants perked up. They began to grow, reach out and creep at astronomical speeds. Vines draped the walls and hung from the ceiling. My favorite avocado tree shot up from a baby to a teen-ager—in one week. And an immature amaryllis blossomed. But I was most intrigued by Gladys's abnormally rapid growth; I was sure she was out to make the *Guinness Book of World Records*. The day she hit the ceiling, I realized something sinister was taking place in my jungle.

That night as I lay in bed wondering how I'd remove the green algae that now coated the walls of my room, I got an insatiable desire for a drink of water. As I groped around in the dark, I had the uncomfortable feeling that I was trapped in a labyrinth. I fought my way through the masses of greenery and got lost among the rubber plants and dracaena. Everywhere I turned, a grotesque shape loomed. It seemed the plants were actually trying to grab me. I was horrified when some slimy green thing wrapped one of its appendages around my neck, and when I tripped over a philodendron, the hateful thing wouldn't let me go! As I struggled to get free, I saw Gladys teetering nearby. Beads of sweat dribbled down my face as I visualized tomorrow's headlines: Girl Smashed by Nine-Foot Cactus.

"I've created a monster!" I screamed, and with final superhuman effort, wrenched my ankle free and fled.

Funny thing. The next day, no one believed my story. Of course, I can't really blame them; those sly devils, Gladys and Henrietta, put on this big phony act. They actually had the gall to look a little peaked—for sympathy. I threw them out anyway, and all their goofy friends too. Gladys was a tough one right to the very end (I had to take an axe to her). I couldn't help admiring her prickly stubbornness.

I've given up plants for good—no regrets. Anyway, I have a new diversion. Fish. I just bought this little cutie, a guppy named Oscar. There's just one thing wrong. Oscar seems depressed. Maybe I'm not talking to him enough.

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## . . . CHILDREN?

*continued from page 123*

not to become a parent is the most important decision of your life. You can quit work, you can sell your house and move, you can get a divorce. But there's no such thing as an ex-child. It's a commitment that's worth examining before doing."

Why should teens be concerned, unless they're planning marriage soon? Is it too early for them to care? Not according to Carole Goldman, N.O.N.'s executive director, who has two teen-age children. "In my day," she says, "we decided *when* to have kids, not *if*. For me it worked out okay, but everyone deserves the chance to decide without pressures.

"The question of motherhood," she says, "is extremely relevant to teen-age girls, because society's indoctrination starts very early, from the time you're given a doll and told about 'when you grow up and become a mommy . . . ' It shouldn't be 'when'—it should be 'if.' This is pronatalism, and it's reinforced in our schools. There's an elementary reader called *Mommies at Work,* which is good because it tells kids there are working women, but it should be *Women at Work,* because not all women are mommies—and not all women should be.

"Teens not only are told that they are expected to become parents, but they get distorted images of parenthood from TV and elsewhere. They see beautiful mothers frolicking with beautiful, perfect children—they never have any problems."

Some teens have thought about their futures as parents or nonparents. Roxanne Walker, seventeen, of Saratoga, California, decided she wants to pursue a career in business and foreign relations and that "children don't seem to fit into my plans." And it's not that she doesn't like kids. "I happen to like children a lot," says Roxanne. "One summer I spent a week taking care of two little girls, and I really enjoyed them. But I wouldn't want to make it a lifetime commitment."

Does thinking of this kind mean the family is doomed? Not at all. Is having babies to be a thing of the past? Not at all. Children, of course, are still very much in the plans of most young women. After all, if one in twenty women chooses not to give birth, nineteen in twenty—95 percent—would like to have at least one son or daughter. Even allowing for women who remain single and for couples who are physically unable to have natural children—perhaps as many as 10 percent—there is scarcely any need to worry about the human race reproducing itself.

"I do think there are going to be more people who will be childless," predicts Dr. Salk. "That's good, because I consider parenthood an enormous commitment that people take too casually. But I don't believe nonparenthood will be a wave. People still have a very strong desire to reproduce themselves. There's a fascination in sharing the life of a child."

Most teen-agers today—even those who have taken the time to weigh the pros and cons of parenthood—expect to have children, although possibly at a later age than their parents did.

"Whenever I'm around little kids," says Sandy Conrad, a sixteen-year-old from Parkersburg, West Virginia, "I think how I'd like to have my own. Kids make you feel real happy. I know there are problems, and it's hard to discipline them, and you can be tired and have to get up to take care of them. But you have to take the bad with the good." Gabrielle Belson, seventeen, of Jamaica, New York, adds: "I enjoy taking care of my sister, who's seven years younger than I am. I like children and I feel I'd want to be a mother. I intend to have a career, but I'd be willing to give up working for five years."

Lily Liu, eighteen, of Newark, Delaware, hasn't reached a conclusion yet. "I'm trying to work it out myself," she says. "I have friends who say the whole world could blow up, and what kind of world is this to bring children into? I think the future of the world *depends* on children."

Suzanne Martin, seventeen, of Palos Park, Illinois, says: "I don't see marriage as *the* goal in life or having children as the only thing to do. Sometimes I think, no children, because I like to travel and they would be a restriction. But then again, sometimes I think I'd like to be a mother. I know I want to complete college, hold a job awhile and travel. Then, I think, someday I might have children."

Several books have appeared recently that aim to explode the motherhood myth. (The idea is not new—a book called *The Retreat from Parenthood* was published in London in 1930.) One book that handles the subject without taking a partisan point of view, however, is Dr. Elizabeth Whelan's *A Baby? . . . Maybe,* published in 1975. Dr. Whelan tries to discuss all sides of the issue.

Dr. Whelan thinks teens—particularly girls—can benefit from early thinking about parenthood. "Teen-agers today are in a really advantageous position," she says. "They're ahead of the game. I never heard that there was a choice to be made until I was twenty-eight. I think it's great for girls to start thinking about it, but I would warn them against coming to a quick decision. I've talked to kids who say, 'Oh, the world is so terrible I'd never want children!' I've heard others say, 'I wouldn't miss it. All I want to do is have babies!' I think it's wrong to commit yourself to any decision so young. Your feelings *can* change.

"The way to start thinking is to consider your life priorities. What do you want to get out of life? Ten or twenty years ago, for instance, women tried to figure whether education and career would fit into parenthood; today they try to figure how and whether parenthood will fit into education and career plans. Then you have to think about what makes a good parent. Do you have it? In the end, it's a very emotional decision."

While various organizations such as the Catholic Church continue to express opposition to certain methods of family planning, we are coming into an era in which couples who choose to become parents will also have to answer a question: "Why *do* you want children?"

It's a healthy question to ask, particularly if it can start people thinking about the pros and cons of having children. A couple that goes through the thinking process before finally making that choice will probably be better off, whatever the choice. If this new way of thinking raises the percentage of children that are truly wanted, that can only be good for parents, children and our whole society.

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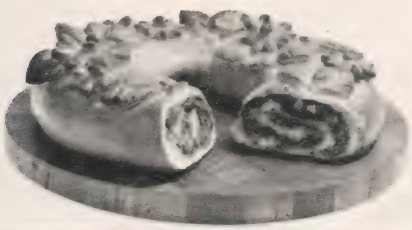
# BAKE IT NOW....

*continued from page 147*



## nut-swirl ring

¾ cup milk
2 packages active dry yeast
¼ cup warm water
⅓ cup melted butter, cooled to lukewarm
¼ cup sugar
1 egg, beaten
1 tablespoon grated lemon rind
1 teaspoon vanilla
½ teaspoon salt
3½ to 4 cups unsifted flour, divided
1 egg
1 tablespoon milk

*Filling:*
⅔ cup raisins
1 can (8 oz.) shelled walnuts (2 cups)
½ cup brown sugar, firmly packed
2 teaspoons grated orange rind
1 teaspoon grated lemon rind
1½ teaspoons cinnamon
¼ teaspoon nutmeg
½ cup chopped dried apricots
¼ cup melted butter

In a small saucepan, heat milk until bubbles form on the sides. Cool till it feels lukewarm on your wrist (110-115° F.). Meanwhile, in a large bowl sprinkle the yeast over the warm (110-115° F.) water; stir to dissolve. Add heated milk and butter, sugar, egg, lemon rind, vanilla and salt. Stir in 3 cups of flour slowly. Dust ½ cup flour over board. Turn dough onto board. Knead until smooth. If dough is still sticky, add up to another ½ cup of flour. Place in a greased bowl, cover with a towel and let rise in a warm place (85° F.) until double in bulk, about one hour.

Meanwhile, make filling. Soak raisins in warm water to cover. Grind walnuts in blender and place in a small bowl. Mix in remaining ingredients. Drain soaked raisins and chop. Stir raisins into mixture; set aside.

Punch dough down on a floured board. Roll dough out to a 21-by-16-inch rectangle. Cut off a 21-by-3-inch strip; reserve for decorative cutouts. Spread filling evenly on the dough, leaving a one-inch margin all around. Roll up dough in jelly-roll fashion, starting at one wide end. Shape roll around an empty can (about 4 inches in diameter) on a greased cookie sheet. Cover with a towel and let rise in a warm place (85° F.) for one hour or until double in bulk. Fifteen minutes before nut ring has finished rising, preheat oven to 375° F. Roll reserved piece of dough out ⅛ inch thick. Using cookie cutters, cut out an assortment of flowers and leaves. Attach cutouts to ring with water. Beat egg and milk together and brush on the ring. Bake 35 minutes.

Check the ring after 20 minutes. If it is browning too fast, cover loosely with foil. Remove from oven when done and let cool 10 minutes on cookie sheet. Transfer to wire rack. Let cool another 20 minutes. Serve warm. Slice and spread with butter if you like.

To store: When ring is thoroughly cooled, wrap well in foil and freeze. To give or serve, unwrap and thaw for one hour. Rewrap loosely in foil. Heat in a 325° F. oven for 20 minutes.

# HOLIDAY

*The following stores are participating in SEVENTEEN's holiday fashion promotion and will have some of the looks shown on pages 105-113*

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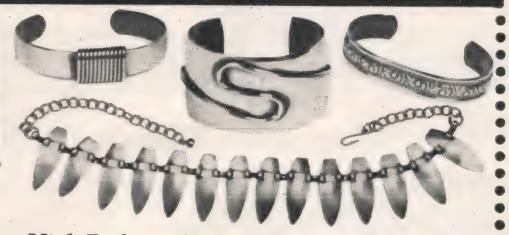

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These delicately sculptured pendants will attract attention when worn with any outfit. Turtle and Owl pendants are 1-3/4 inches high, Butterfly pendant is 1-1/2 inches high. All come complete with 24 inch silvery chain. Select your favorite and order today. They make great gifts too!

**High Fashion Copper Bracelets & Necklace**
Nothing is more fashionable than solid copper. Polished and lacquered to a rich luster to stay bright always. This solid copper jewelry will complement any wardrobe and there are claims that copper has great healing powers as well as beauty.

**3/4" BRACELET $5.50 ½" BRACELET $4.50**
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$16.50 $14.50 $15.50

**Brightly colored soft plastic boots. Red, yellow, blue, brown, white, black, green. Sizes 5-12.**

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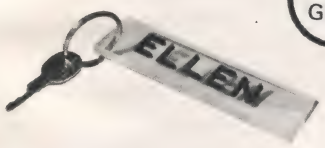


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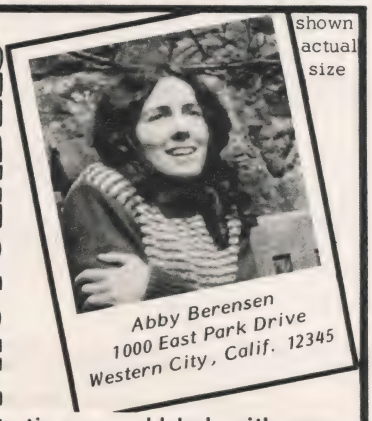


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# SHOPWISE

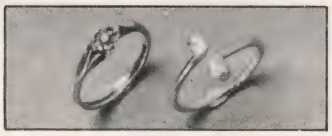
Terrific things to give away—or to keep—this merry holiday season

**A super long dress** to wear over and over during and after the festivities. Hot pink or vivid blue cotton with multi-color trim tracing the neck, waist, hem and wrists. Sizes S-M-L; $17. Emporium International, Box 356, Plymouth, New Hampshire 03264

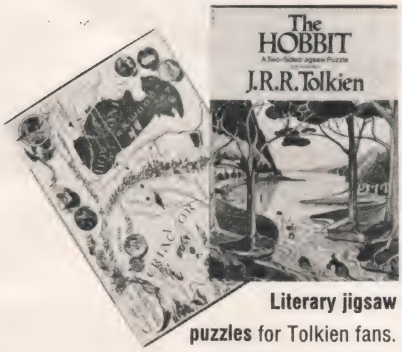
**Bead game:** a trio of silver-plated chains, each with a different bead arrangement. Necklaces, 15 inches long, come assorted, with glass beads, mother-of-pearl or colored stones. Three; $4. The Place, 993 Second Ave., New York 10022

**A bouquet of scents:** a cologne sampler with six ½-ounce bottles of cologne, each with a different fragrance—a great way to try out scents. It includes lavender, red jasmine, helio and more. Colonial-style gift box; $6.75. Caswell Massey, Dept. 17, 320 West 13th St., New York 10014

To order by mail, see page 176



**Delicate silver rings,** both handcrafted in sterling. Little flower or wraparound knobbed band; each $5.95. Sizes 4 to 8. Maxon's, Dept. 10A, Box 3437, Spokane, Wash. 99220




**Literary jigsaw puzzles** for Tolkien fans. One is a map of Middle Earth, the other is scenes from "The Hobbit" (it's two-sided). 15 by 21 inches, in color; Each $5.25. The Gingerbread House, 9 Christopher St., New York 10014

**Long on stripes:** a smashing floor-length cotton caftan with slits at the sides, long sleeves and a stand-up collar. Multicolored striping, with shades of red predominating. Sizes S-M-L; $15. American Marketing, Box 3881, Grand Central Station, New York 10017

More on page 164

**"A Valuable Guide to How to Be a Person—at Long, Last!"** —Margaret Mead

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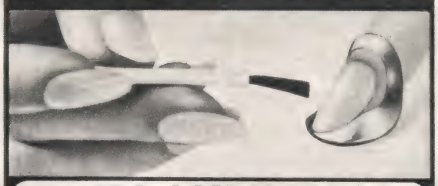

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# SHOPWISE

**Alpaca warmers** hand-knitted in Peru. These come in white, brown or beige with colorful nubby designs. Pullover vest with a U-neck in S-M; $20. Matching softy cloche in one size only; $10. La Tienda, Box 628, FDR Station, New York 10022

**Help needy children** in developing countries by buying place mats from UNICEF. Colorful reproductions of children's drawings of celebrations in their native lands are coated with washable polyethylene. Set of four; $5.50. U.S. Committee for UNICEF, Dept. GCP, 331 East 38th St., New York 10016

**Angel rock** on a silk neck cord is hand-painted with plump golden curls. Specify name or initials for the back; $10. On key ring; $10. Toby Leder, 135 MacDougal St., New York 10012

To order by mail, see page 176

**Antique fringed scarves:** authentic Art Deco and Paisley prints, 4 feet long with a slinky 3-inch fringe. Rayon scarves look super as mufflers, head wraps or cummerbunds; each $6.95. Send two choices of predominating color. The Stone Printer, Box 542, Ansonia Station, New York 10023

**Tiny English cottages** are cotton sachets filled to the roof beams with English lavender. Pretty set of three ribbon-topped sachets to hang in the closet or tuck in the drawer; $5.50. Lillian Vernon, Dept. SNE, 510 S. Fulton Ave., Mount Vernon, New York 10550

**Sheer white on white:** a top of whisper-thin Indian cotton with white hand embroidery. It's a dress-up look for holiday parties, a cool bathing suit cover-up in summer. Sizes S-M-L; $9.95. Superstar, Dept. S610E74, 14729 Oxnard St., Van Nuys, Calif. 91411

More on page 166


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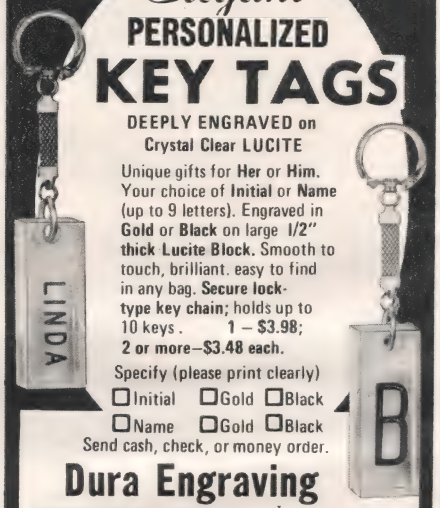


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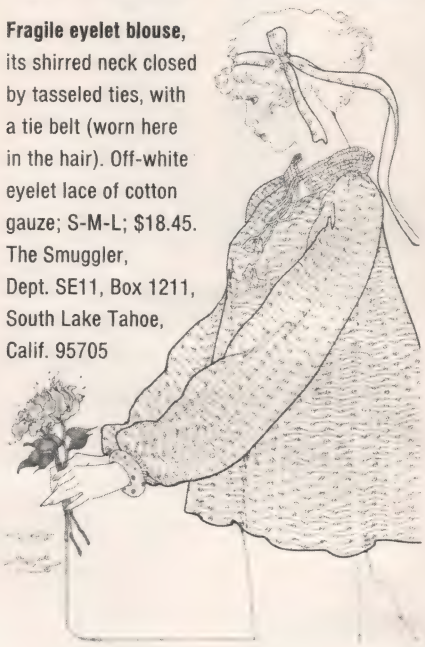
# SHOPWISE



**Fragile eyelet blouse,** its shirred neck closed by tasseled ties, with a tie belt (worn here in the hair). Off-white eyelet lace of cotton gauze; S-M-L; $18.45. The Smuggler, Dept. SE11, Box 1211, South Lake Tahoe, Calif. 95705

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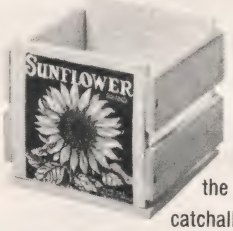

**Mini fruit crates**—replicas of real oldies right down to the labels—are clever catchalls. Two crates, 4 by 4 inches and 3 by 3½; $3. Lillian Vernon, Dept. SNE, 510 S. Fulton Ave., Mount Vernon, N.Y. 10550


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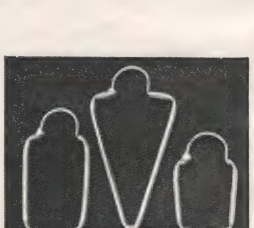
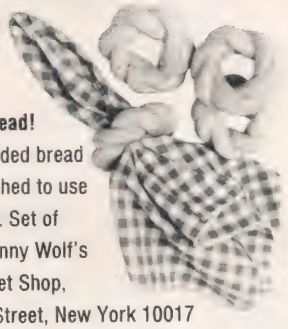


**Classic shapes:** geometric earrings, all with 14K gold wires. In sterling: large rectangle, $11; triangle, $13; small rectangle, $10. In gold (14K): large rectangle, $19; small, $17; triangle, $21. Geometrics Inc., 243 W. 30th St., New York 10001

**Nifty shoebags for kids** — a halfback for boys, a tennis buff for girls. Colorful plastic, each with six pockets; $2.95. Ann's Artifacts, Dept. S116, Box 292, Midtown Station, New York 10018

To order by mail, see page 176

**Art Nouveau portraits** of a lovely lady in sterling silver. Hefty ring (state size); $16. Matching pendant on a sterling chain; $9.95. Tazi's, 60 Arcade Building, Providence, R.I. 02903



**Don't eat the bread!** These little braided bread rings are varnished to use as napkin rings. Set of four; $4.25. Manny Wolf's Steak & Gourmet Shop, 207 East 49th Street, New York 10017

**Shell collection:** Leather strips ending in gleamy pewter shells mark pages in a very special way. Set of three bookmarks; $5.50. Nature Co., 1999 El Dorado, Berkeley, Calif. 94907

**Striped right:** an easy top to wear over all your pants in nonrepeating multicolored stripes. Of soft cotton; sizes S-M-L; $12.95. Sweet Willy, Dept. SE11, 114 East 32nd St., New York 10016

More on page 168

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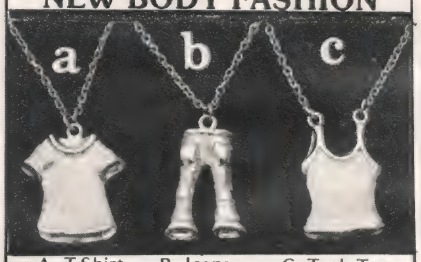


A. T-Shirt B. Jeans C. Tank Top

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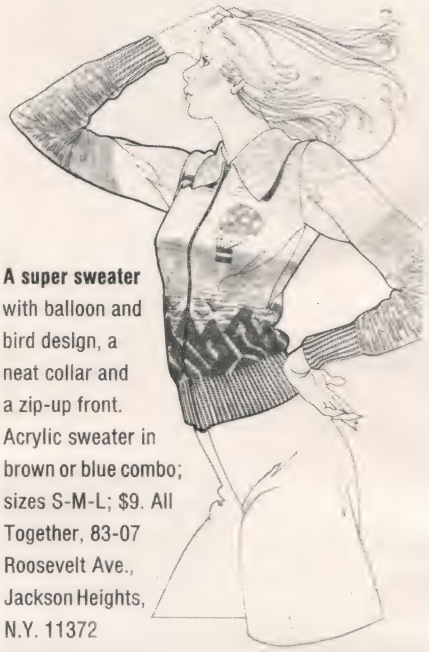

**A super sweater** with balloon and bird design, a neat collar and a zip-up front. Acrylic sweater in brown or blue combo; sizes S-M-L; $9. All Together, 83-07 Roosevelt Ave., Jackson Heights, N.Y. 11372

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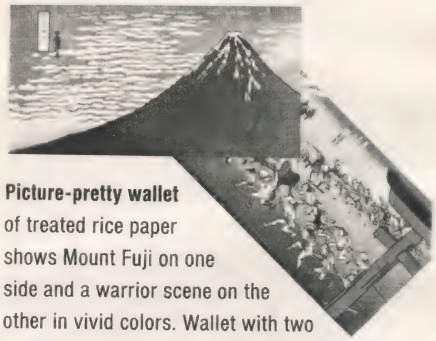

**Picture-pretty wallet** of treated rice paper shows Mount Fuji on one side and a warrior scene on the other in vivid colors. Wallet with two inner pockets is 7½ inches long; $2.50. Azuma, Dept. 7N, 415 Fifth Ave., New York 10016

To order by mail, see page 176

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**T-SHIRTS**
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Navy on White, Lt. Blue, or Yellow S-M-L-XL

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2½" x 3½" color prints from one original. Send any color photo (up to 5" x 7"), slide or negative with your payment. Original returned unharmed.

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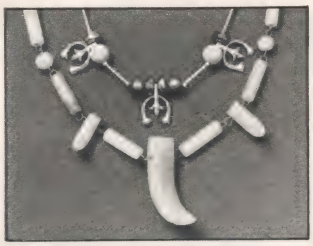
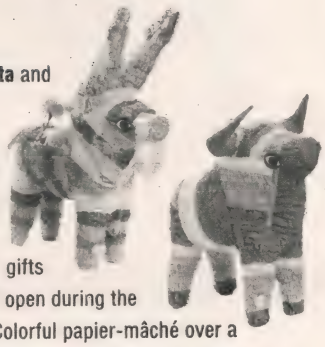


**Exotic necklaces:** Indian look of sterling silver with green crystal beads and "turquoise," 15 inches long. Hawaiian coral glass beads in various shapes, 20 inches long. Each $9.95. Irv's Crafts, Box 3814, Grand Central Station, New York 10017



**Hang a piñata** and celebrate Christmas the Mexican way. The custom is to fill it with gifts and break it open during the festivities. Colorful papier-mâché over a clay pot. Bull or burro, each about 1½ feet tall; $9.75. Mexican Folk Art Annex, 23 West 56th St., New York 10019

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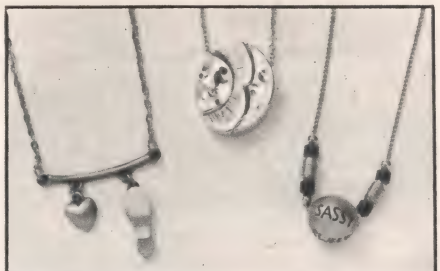
More on page 170

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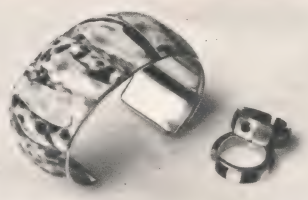

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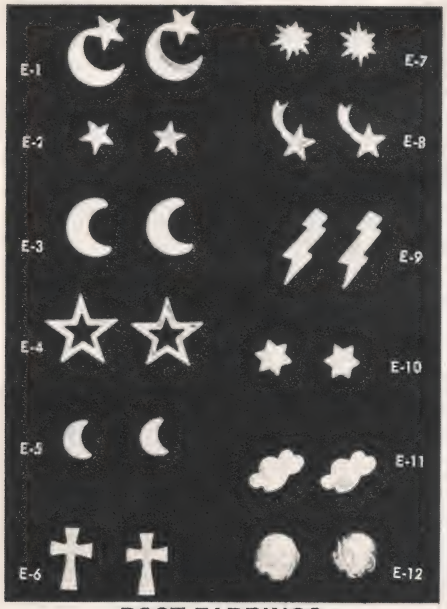


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More on page 172

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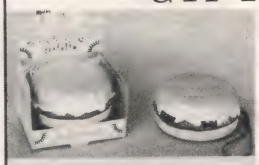
## –GIFTS–



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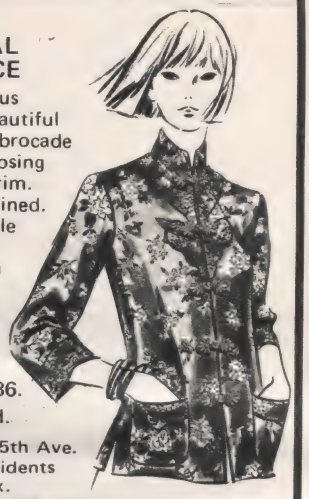

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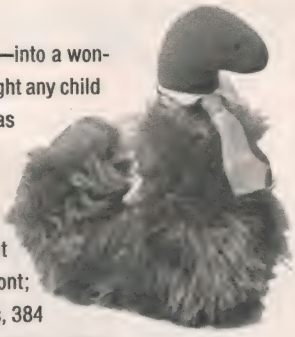

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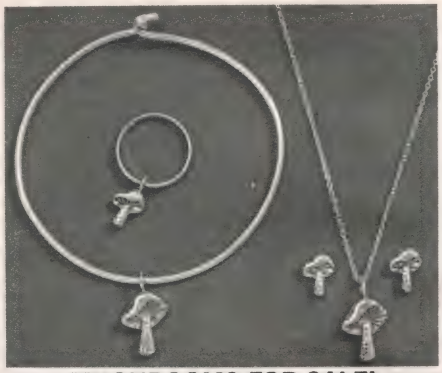
More on page 174



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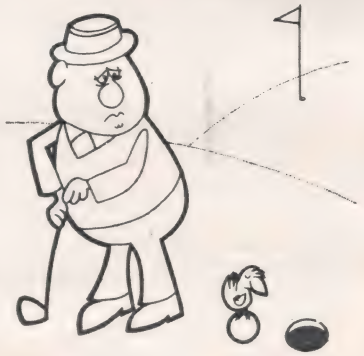

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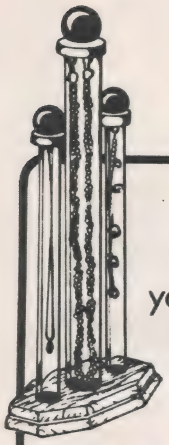

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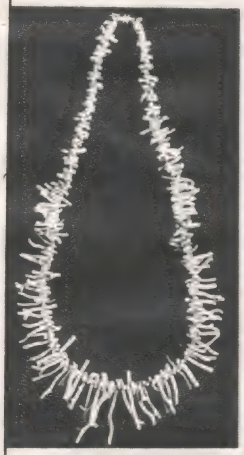

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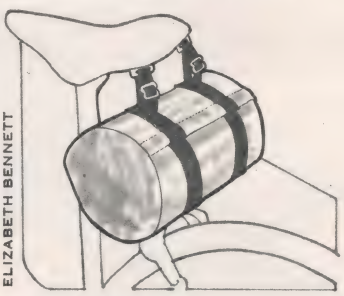

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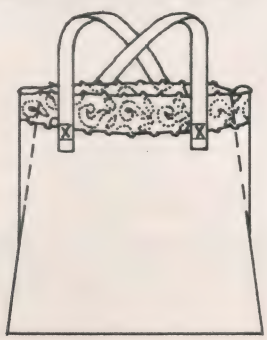
## sheet sensations

**1. Stuffed Fabric Frame**
*MATERIALS:* A self-backed, precut mat (available at art supply stores), fabric for covering mat, white glue and wide brush, single-edged razor blade, polyester fiberfill or cotton balls, masking tape, needle, thread, staple gun and ribbon.
*PROCEDURE:* Remove backing from mat. Cut a piece of fabric large enough to cover front of mat, plus an extra two inches on all sides. Center mat face down on wrong side of fabric. Mark the center point of fabric inside opening of mat. With razor blade, cut from center point to all four corners, stopping just short of the corners. Cut away fabric inside mat, leaving half-inch flaps on all sides. With white glue, glue these flaps only to back of frame. (Do not glue the fabric around outside edges.) Allow to dry thoroughly. Turn frame face up. Starting with one long side, begin filling with polyester fiberfill, smoothing each layer. Keep filling and smoothing till you have a perfectly smooth, rounded surface. After filling each long side, pull the fabric around to back of frame; tape securely. Repeat for the two shorter sides, being careful when filling the corners to keep them as smooth and round as the sides. Fold excess fabric at corners diagonally; hand-stitch fold. Neatly pull excess fabric at corners together on back of frame; staple in place. Cut four strips of ribbon; wrap a strip diagonally around each corner to cover the stitching. Staple ribbon on back. Cut two pieces of matching fabric to cover front and back of mat backing, one piece slightly larger so edges can be glued to other side. Glue to backing, using white glue and a wide brush. Place under a stack of books while drying to prevent warping. Staple backing, finished side out, to back of frame at top corners. Slide picture or mirror into frame, then staple at bottom corners to hold in place.

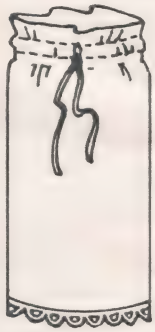
**4 (left). Bateau-Neck Top**
*MATERIALS:* One pillowcase with lace border, 1⅔ yards of ⅜-inch-wide white satin ribbon.
*PROCEDURE:* Open all seams. With wrong sides together, stitch both sides ⅝ inch from edges, leaving 8½ inches at top and bottom open for armholes and side slits. Turn under edges of hem, armholes and slits ⅝ inch; stitch ¼ inch from edges. Cut four 6-inch and two 18-inch pieces of ribbon. Stitch 6-inch ribbons to front and back at shoulders on the wrong side. Turn top right side out. Turn one end of each 18-inch ribbon under; stitch one ribbon to each side seam about one inch above waistline for back tie.

**4 (right). Lacy Camisole**
*MATERIALS:* One pillowcase with lace edge, ⅔ yard of ⅜-inch-wide blue ribbon.



*PROCEDURE:* Open short end seam of pillowcase opposite lace edge. Determine desired length of camisole when lace edge is placed under arms, adding one inch for hem (ours was 18 inches); cut to length. Turn under bottom ½ inch; press; turn under another ½ inch and stitch ¼ inch from edge. For straps, cut two 2-by-20-inch strips from excess fabric. Turn under each lengthwise edge ½ inch; press; fold strip in half lengthwise and stitch near each edge. Stitch straps to back on wrong side about 5 inches from side seams; cross in back (see illustration). Pin straps to desired position in front; stitch to wrong side; trim excess. Stitch a 1½-inch-wide dart, 10 inches long, at each side, starting at top edge. Cut ribbon in half; tie each piece in a bow around base of strap in front.

**6. Pillowcase Skirt**
*MATERIALS:* One pillowcase with lace edge, 1⅓ yards of twill tape.
*PROCEDURE:* Open short end seam of pillowcase opposite lace edge; turn under ½ inch. Press; stitch ¼ inch from edge. Turn under another 2½ inches; press. Sew two rows of stitching (for a drawstring casing), one an inch and one 1½ inches from top edge, leaving about 4 inches open at center front. On outside of skirt, make a vertical buttonhole at center front so it will be centered between the two rows of stitching; complete rows of stitching. Draw twill tape through casing for a drawstring; knot ends.

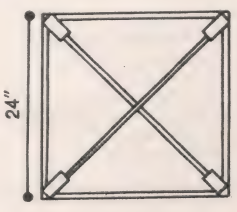


**6. Camisole Top**
*MATERIALS:* One pillowcase with lace edge, 3½ yards of ¼-inch-wide ribbon, five snaps, one package of white single-fold bias tape.
*PROCEDURE:* Open side seams of pillowcase; wrap case lengthwise around body so that lace edges overlap ½ inch in front. Diameter of top should equal that of your body plus 6 to 7 inches to allow for gathering. Stitch a seam down center of back to make top the correct diameter; trim excess fabric. For hem, turn bottom under ¼ inch; press; turn under another ¼ inch, press and stitch close to edge. Repeat this procedure at top but turn under edge ½ inch each time (to make a drawstring casing). Try top on; mark waistline position. Pin bias tape to wrong side of camisole at waistline (to make a drawstring casing); stitch close to each edge. Cut two 2-by-20-inch strips from excess fabric for straps. Turn under each lengthwise edge ½ inch; press. Fold strip in half lengthwise; press; stitch near each edge. Stitch straps to wrong side in front and back; trim excess. Cut ribbon into one 2-yard and one 1½-yard piece (2-yard piece of ribbon goes around top of camisole). Pull ribbon drawstrings through casings; knot ends. Sew snaps to edges of front opening.

**7. Quilted Slippers**
*MATERIALS:* Sheeting or other fabric (see slipper dimensions below), polyester fiberfill from roll or sheet, one package ⅞-inch-wide single-fold bias tape.
*PROCEDURE:* On graph paper, make patterns for slipper sole (4¼ by 10 inches; round off corners) and strap (1¾ by 8 inches). This will fit shoe sizes 6½ to 8. Using patterns, cut four pieces of fabric for soles and eight for straps. Cut four pieces of fiberfill for soles and four for straps. Place two layers of fiberfill between two fabric sole pieces, right sides out. Machine-quilt. Place a single layer of fiberfill between two fabric strap pieces, right sides out. Machine-quilt; repeat for second strap. Cut four 8-inch lengths of bias tape; fold in half lengthwise. Place a piece of tape over each lengthwise edge of strap; stitch near edge of tape through all layers. Pin the two straps in crisscross position to sole; baste in place; stitch. Cut off any excess that extends beyond edge of sole. Cut two 28-inch lengths of bias tape. Turn under one end of tape ½ inch. Fold tape in half lengthwise; pin around edge of slipper, overlapping finished end. Stitch near edge of tape through all layers. Repeat procedure for the other slipper.

**9. Quilted Tennis Racket Cover**
*MATERIALS:* Sheeting or other fabric (enough to cover racket and make pocket, plus a bias strip 2½ by 18 inches), polyester fiberfill from roll, one package of ½-inch-wide single-fold bias tape, two 6-inch strips of Velcro.
*PROCEDURE:* Using a racket as a guide, make a pattern 8 inches longer than head 2 inches wider than widest part; round top. Using patterns, cut four pieces of fabric and two pieces of fiberfill. Place one layer of fiberfill between two pieces of fabric, right sides out. Machine-quilt. Repeat with remaining fabric and fiberfill pieces. Make a pattern for pocket and flap (see photo on page 139). Using pattern, cut pocket and flap. Fold bias tape lengthwise; pin over edges of pocket and of flap; stitch near edges of tape through all layers. Stitch a strip of Velcro to underside of pocket flap and one to front of pocket. Pin pocket and flap in place on right side of one quilted racket cover piece; stitch near edges. Fold bias strip of fabric lengthwise, turning edges under ½ inch; stitch near each edge. Center finished strip on front of racket cover below pocket (to tie around racket handle). Sew strip to front by stitching a 2-inch-long rectangle in center of strip. With wrong sides of quilted racket cover pieces together (fold ends of tie inside), stitch around two sides and top ½ inch from edge. Turn under bottom edge ½ inch; stitch. Turn cover right side out; press.

**10. Square Kite**
*MATERIALS:* A 24-inch-square piece of sheeting or other fabric; 8 inches of ⅜-inch-wide elastic; two 3/16-inch birch dowels, each about 3 feet long (available at a lumberyard); needle; thread; nylon fishing line; a ¾-inch looseleaf ring; ribbons in assorted colors; crepe paper in assorted colors, about 3 inches wide and of various lengths for tails; several Velcro dots.
*PROCEDURE:* Turn under all edges of 24-inch-square piece of fabric ¼ inch; press; topstitch. (You may want to stitch a ribbon border all around as we did.) Stitch a 2-inch strip of elastic to each corner on wrong side (see illustration). Stitch around three sides, leaving end toward center open (dowels slip into these strips). Tack a strip or two of ribbon for streamer at top and at left and right sides of kite on wrong side. Make the bridle: Cut a 3-foot length of fishing line; knot one end. Using doubled thread, tack knot firmly to back of kite near bottom. Make a loop a little above the center of the fishing line; attach looseleaf ring to loop. (Bottom leg of fishing line should be longer than top one.) Knot the other end of the fishing line, keeping it shorter than bottom leg; tack firmly near top of kite. Sew a Velcro dot at bottom of kite on wrong side. Cut one wooden dowel the exact length of kite from top to bottom; insert ends into elastic casings. Cut the crossbar from the other dowel, making it an inch or two wider than kite; insert ends into elastic casings. The front of the kite should now bow out to make a convex surface. Lash the two dowels together with fishing line where they cross each other. Sew Velcro dots to several lengths of crepe paper tails and attach to Velcro dot on bottom of kite. Experiment with different lengths of tails—length needed will depend on wind conditions. *continued on page 178*



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# ...GIFTS TO MAKE

*continued from page 177*

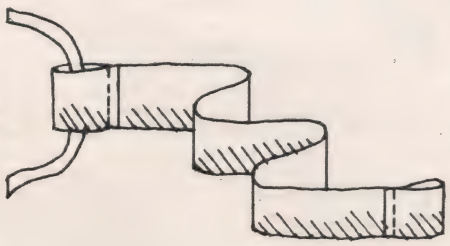
**11. Fabric Basket**
*MATERIALS:* ¾ yard of fabric, 9-inch-square piece of polyester fiberfill, one yard of ribbon.
*PROCEDURE:* Cut one 2-by-27½-inch bias strip of fabric, two 9-inch fabric circles and one 9-inch circle of fiberfill. With chalk, mark a 4-inch circle in the center of one fabric circle on the right side. Sandwich batting between two fabric circles (right sides out), with marked circle on top. Through all layers, stitch around 4-inch circle, then around outside of fabric circles ¼ inch from edge. Turn under all four edges of bias strip ¼ inch; press; topstitch. Fold strip in half lengthwise; pin over edge of fabric circle so ends overlap ¼ inch. Zigzag-stitch edge of bias strip through all layers. Pull ribbon through bias casing; gather circle into a basket shape; tie a bow.

**13. Wicker Wastebasket**
*MATERIALS:* Newspaper, small piece of sheeting or other fabric with design, wicker wastebasket, tracing paper, a soft pencil, acrylic polymer paints (we used those by Hyplar), three artist's brushes: one-inch, ¼-inch and ⅛-inch (we used Grumbacher brushes), several plastic or paper cups.
*PROCEDURE:* Working on newspaper, paint base coat of background color on inside and outside of basket. Allow to dry thoroughly. Paint on a second coat of background color; allow to dry several hours. Meanwhile, outline design on tracing paper with a soft pencil. On back side of tracing paper, pencil over lines with broad strokes, using the flat side of pencil. Tape tracing paper to basket, with back side against basket, and trace pattern firmly; the soft pencil on the back of tracing paper will transfer to basket. (The outline doesn't have to be exact.) Mixing one color at a time, paint on outlined design.

# cheap 'n easy

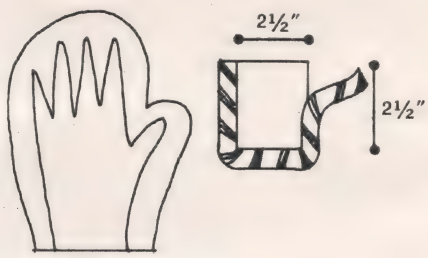
**14. Animal Hat**
*MATERIALS:* Newspaper, animal picture, straw hat, tracing paper, soft pencil, plastic or paper cups, acrylic paints, three paintbrushes (1-inch, ¼-inch, ⅛-inch).
*PROCEDURE:* Working on newspaper, fill one cup with water and set others out to be used as containers for paint. Paint entire hat with background color; allow to dry thoroughly. Trace animal drawing on tracing paper. On back side of tracing paper, pencil over design outline with flat side of pencil. Tape tracing paper over hat, the back side against the hat. Firmly trace design outline; soft pencil design will transfer. Since acrylic paint dries quickly, mix one color at a time. Paint on design, using the traced outline as your guide. Let dry.

**15. Guitar Strap**
*MATERIALS:* One yard of ¾-inch decorator webbing, two 5-inch strips of leather or narrow bias tape or ribbon.
*PROCEDURE:* Turn under each end of webbing ½ inch; stitch. To form loops at ends of webbing, turn each under another 1½ inches; stitch across ½ inch from edge. Pull leather strips, bias tape or ribbon through loops; use to attach strap to guitar.



**17. Dot-stenciled Belt**
*MATERIALS:* Belt, hole puncher, acrylic paints, plastic or paper cups, one manila folder (cut into 1-inch squares), small artist's brush.
*PROCEDURE:* To make stencils, punch one hole in the center of each square of manila folder. Plan design (great Indian-look designs are one possibility). Place a stencil on top of belt; paint dot. (Since acrylic paints dry quickly, mix one color at a time.) Repeat, using different-color paints.

**20. Bath Mitt**
*MATERIALS:* One hand towel, 2/3 yard of one-inch-wide decorative trim or bias tape, a short strip of 3/8-inch-wide elastic, scissors.
*PROCEDURE:* Trace hand on a piece of paper; add ½ inch all around. Using pattern, cut out two hand shapes. Zigzag-stitch edges to prevent raveling. Cut a pocket for palm of mitt; turn under top edge ¼ inch and stitch near raw edge, then zigzag-stitch edges of rest of pocket. Fold a length of trim in half lengthwise; pin over edges of pocket; stitch. Pin pocket to center of palm side of mitt; stitch. Stitch around edge of hand shapes, wrong sides together, leaving five inches open at top of side opposite thumb. Make casing for elastic: Turn under top of mitt ½ inch; stitch near raw edge. Cut a strip of elastic half the length of casing; pull through; stitch ends of elastic together. Stitch opening at side closed. Turn right side out. Fold trim in half lengthwise; pin over edge of mitt, making a loop at thumb end for hanging; stitch.




**20. Bath Towel Wrap**
*MATERIALS:* One bath towel, 1⅔ yards of one-inch-wide decorative trim or bias tape, a short length of ½-inch-wide elastic, scissors, a 2-inch Velcro strip.
*PROCEDURE:* Take hip and waist measurements and the measurement from hip to hip. Lay out towel; mark hip points (one end of towel should overlap across front from hip to hip—see photo on page 140). Stitch a 4-inch-long tapered dart at each hip to make waist fit. Press darts toward center of towel. Fold the towel at darts, aligning edges. Trim off excess toweling under the front overlap (leave selvage edge on overlap; don't cut), then turn under raw edge one inch; stitch. Turn under top of wrap one inch; stitch from each end of open wrap up to each dart, leaving the back (between the darts) unstitched. Cut a strip of elastic half the width of back. Stretch elastic across back under turned-down edge; pin; stitch through fabric and elastic, adjusting gathers as you go. Add trim, starting at top of front overlap. Fold trim neatly over top edge of overlap; pin near edge down the front; miter at lower corner. Continue pinning trim near bottom edge all around. Stitch trim near each of its edges; reinforce at mitered corner. Sew one part of Velcro strip on inside of overlap, the other on outside of toweling underneath to hold wrap in place when worn.

**21. Dishcloth Top**
*MATERIALS:* Six dishcloths, each about 12 by 13½ inches; 1 yard of ½-inch-wide elastic, 8 inches of ⅝-inch-wide ribbon.
*PROCEDURE:* To make front: With wrong sides together, stitch two dishcloths together along one 12-inch edge with a ¼-inch seam; press seam open. To make front ruffle: Cut a dishcloth in half lengthwise. With wrong sides together, stitch one short end with a ¼-inch seam. Press seam open. Turn under raw edge ½ inch; stitch.

Matching top edges, place ruffle wrong side down on right side of front; stitch together ¼ inch from top edge. Working from wrong side, place two straight pins at each end of stitched top edge. Cut a piece of elastic 15 inches long; stretch from one pin to the other, pinning at intervals. Stitch elastic to cloths, making two rows of stitching ⅛ inch apart to shirr ruffle. Repeat procedure to make the back. With right sides of front and back together, stitch at sides with a ¼-inch seam, leaving 6½ inches open at top on each side for armholes. Stitch ruffle. Tie ribbon in a bow; tack to the center front.

**22. Baby-Shoe Pincushion**
*MATERIALS:* Baby shoe, scrap of fabric, small amount of cotton batting, piece of yarn or string.
*PROCEDURE:* Lay fabric flat, wrong side up; half-fill with batting. Gather ends to form a circular cushion, tying yarn tightly around ends of fabric. Insert cushion, tied end down, in shoe opening.

**23. Pillow**
*MATERIALS:* Plain pillow, acrylic paints, plate for mixing colors, fabric glue, ribbon or yarn, needle and thread, ¼- and one-inch watercolor brushes, scissors, cardboard, stuffing (cotton balls or fiberfill), decorative trimmings, pencil and paper, permanent fine-line marker, old sheet or pillowcase, Velcro dot.
*PROCEDURE:* Plan design on paper, then draw lightly on pillow with pencil. Go over lines with permanent marker. Cut outline for receiver and dial from cardboard. Paint the design on sheet or pillowcase, using acrylic paints (do not use much water with the paints, as the colors may bleed). Cut out the painted designs, leaving a one-inch border all around each. Cut V-shaped slits in border at ½-inch intervals. Add stuffing between cardboard and cloth of each design; glue slit border to back of cardboard. Cover cardboard backs with fabric cut to size; glue. Add trimming to designs. Sew dial to pillow; attach receiver with ribbon or yarn; stitch a Velcro dot to receiver and pillow.

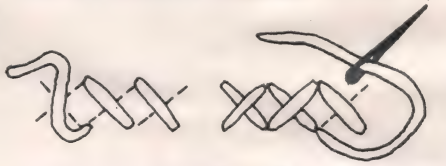
**24. Molasses Drop Cookies**
*INGREDIENTS:* ¾ cup butter; 1 cup sugar; ½ cup light molasses; 2 eggs; 3 cups flour; 1 teaspoon baking soda; 1 teaspoon nutmeg; 1 teaspoon mace; 2 cups quick-cooking oats; 1 cup coarsely chopped nuts; 1¼ cups dark raisins, divided.
*PROCEDURE:* Preheat oven to 350°F. In a mixing bowl, cream butter until light and fluffy. Gradually stir in sugar and molasses. Beat in eggs. Stir in the next 6 ingredients until well-blended. Mix in one cup of the raisins (set aside the rest for garnish). Drop mixture by heaping teaspoonfuls onto greased cookie sheets. Press extra raisins into each cookie to make eyes and mouth. Bake in 350°F. oven for about 15 minutes or until lightly browned. Cool cookies on wire rack. Makes about 4½ dozen.

**26. Handkerchief Vest**
*MATERIALS:* 5 men's handkerchiefs (each approximately 16½ inches square).
*PROCEDURE:* Lay out handkerchiefs; cut as follows, adding ½ inch for finishing to each cut edge: two upper front pieces each 10¾ by 16½ inches; two lower front pieces each 10¾ by 7½ inches; one lower back piece 16½ by 7½ inches (upper back piece is a complete handkerchief). Finish all raw edges before stitching pieces together: Turn each under ⅛ inch; press; turn under another ⅛ inch and stitch near edge. With wrong sides together, stitch one upper front piece and one lower front piece together along one 10¾-inch side, with a ¼-inch seam. Repeat for other side of front and for back (stitching along one 16½-inch side). Stitch the two fronts and the back together: Shoulder seams will measure 6 inches from armhole edge; side seams will measure 11½ inches from bottom edge. Depending on the width of shoulders, it may be necessary to taper shoulder seams, increasing seam allowance as you approach the armhole edge.

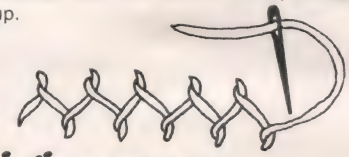
**28. Ribbon Belt**
*MATERIALS:* One yard each of 1½-inch-wide belt webbing and grosgrain ribbon, one interlocking buckle.
*PROCEDURE:* Cut the webbing 2 inches larger than waist; cut ribbon 4 inches larger than webbing. Center webbing on ribbon; fold 2 inches of ribbon over each end of belt webbing; pin. Topstitch ribbon to webbing along each selvage edge of ribbon. Slide 2½ inches of belt at each end through buckle loops; pin; stitch through all layers across each end.

**29. Quilted Bag**
*MATERIALS:* ½ yard of 45-inch-wide quilted fabric, 9 yards of ⅜-inch-wide grosgrain ribbon, one yard of one-inch-wide grosgrain ribbon, one package of two wooden dowel handles.
*PROCEDURE:* Cut a 27-by-18-inch piece of quilted fabric. Topstitch lengths of ⅜-inch-wide ribbon over lines of quilting on fabric. Fold 27-inch length in half, with wrong sides together; stitch at each end ½ inch from edge, starting at bottom and leaving 5 inches open at top. Turn under the open edges ½ inch; stitch. Turn under each top edge of bag ¼ inch; stitch; turn each under another 1¼ inches to make casing for wooden handles; stitch near edges. Make fabric handles: Cut two 2-by-17-inch strips of fabric and two 17-inch strips of one-inch-wide grosgrain ribbon. Turn under lengthwise edges of fabric strips ½ inch; press. Topstitch ribbon over raw edges. Pin ends of fabric handles, to inside of bag at top; hand stitch to bag. Insert wooden handles in casings.

**30. Embroidered Beret**
Embroider a plain-colored dime-store beret, combining colorful yarns and varied stitches. We used the cross-stitch (see illustration), but there are countless others that you can try.



Another easy, decorative stitch is the Cretan stitch, illustrated below. Bring needle up on bottom line, working from left to right. Work needle as shown, picking up a vertical stitch. Make a similar stitch on bottom line, pointing needle up.

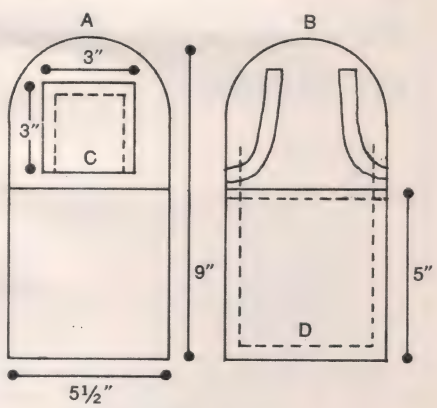


## mini give-aways

**31, 36, 43, 47. Salt Dough Sculpture**
*MATERIALS:* Salt sculpture dough (recipe follows), barrettes and pins of metal only, foil, cookie sheet, acrylic paints, household glue, shellac or varnish, epoxy glue.
*RECIPE:* In a large bowl, combine 2 cups all-purpose flour and one cup salt; mix well with spoon. Add one cup water (more if needed) a little at a time, mixing as you pour, to form a ball. Knead 7-10 minutes until dough has a smooth yet firm consistency. Place in a plastic bag to prevent drying.
*PROCEDURE: Curved-surface metal barrettes:* Cover clasp section of barrette with a piece of foil. Roll bits of dough into balls, coils or other shapes; work out design directly on top surface of barrette to keep design curved. Brush all abutting edges with water to bond. Place barrette with its design on cookie sheet. Bake in preheated 325° F. oven for one hour or until rock-hard on under surface. Let cool, then paint. Use household glue to reinforce attachment to barrette. Shellac or varnish surface. *Flat metal barrettes and pins:* Work out and bake the design directly on cookie sheet (see how-tos above); cool; paint; varnish. Attach to barrette or pin back with epoxy glue.

**32. Carrot Neck-Pouch**
*MATERIALS:* Orange fabric and felt, green fabric, matching thread, needle, ⅜-inch-wide elastic, pinking shears, cotton balls, orange silk cord or prepackaged piping.
*PROCEDURE:* Make carrot and leaf patterns. (Bottom of leaves should be one-third the width of carrot top.) Cut out two carrot pieces of orange fabric and two of orange felt. Sandwich the felt between the fabric pieces (right sides out); neatly topstitch all around ¼-inch from edge, leaving the top and 5 inches of one side open. Make top casing: Trim off about ½ inch of felt at top edges. Turn under small hem on top edge of orange fabric; stitch; turn under another ½ inch over felt lining; stitch close to edge. Cut a piece of elastic half the length of casing; pull through. Stitch ends of elastic together; stitch opening in side of carrot closed. With pinking shears, neatly pink edges all around carrot (except at top) close to stitching. Cut out four leaf shapes. Topstitch two of them, right sides out, together ½ inch from edges, leaving the bottom open for stuffing. Fill the leaves until they are nice and plump; hand-stitch bottom opening closed. Repeat for other leaf. Using small running stitches, hand-stitch leaves to back of carrot pouch on inside. Tack one end of the silk cord to each seam on the inside.

**33. Mini Neck or Shoulder Bag**
*MATERIALS:* A 7-by-30-inch piece of fabric, two 12-inch lengths of braid or cording.
*PROCEDURE:* Make patterns (see drawing below) on graph paper. Cut two pieces of fabric for bag (A and B). (We used a contrasting fabric for one.) Cut pockets C, adding ¼ inch on all sides, and D. Turn under edges of pocket C ¼ inch; stitch top. Right sides up, position pocket C on piece A as shown; stitch on three sides. Turn under top edge of pocket D ¼ inch; stitch. With right sides up, position pocket D on piece B as shown; baste. Just above each top corner of pocket D, position a length of braiding as shown; tack; tuck braiding into pocket. With right sides of pieces A and B facing, stitch them together ½ inch from edges, leaving a 2-inch opening on one long side. Turn right side out; hand-stitch opening closed. Pull ties out to tie at neck or waist. Fold flap over so pocket D is inside.




**34. Animal Cracker Pins**
*MATERIALS:* Animal crackers, clear shellac and brush, acrylic paints, small brushes, pin backs (available in hobby shops), felt, scissors, white glue.
*PROCEDURE:* Place animal crackers on a cookie sheet and bake in a very low oven (150° F. to 200° F.) for one hour. Remove from oven; allow to dry overnight. Coat each cookie, first front, then back, with clear shellac. Allow each side to dry thoroughly. Paint each cookie with acrylic paints. When dry, coat front with clear shellac to seal; allow to dry. Attach a pin back to each cookie with white glue; allow to dry. Cut a small piece of felt to roughly the same shape as back of cookie; cut a slit in center to slip over pin back. Glue felt onto back of cookie; allow to dry. *(continued on page 187)*

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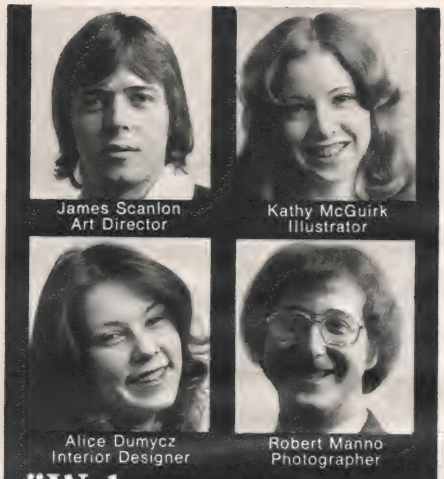


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TEENWORK

# Sight Unseen

There's no getting around it—wearing glasses is a nuisance

*by Connie Thomas, 17, Prospect, Ohio*

If you need glasses in order to see, you have to wear them. All the time. Not just on Tuesdays and Thursdays and with blind dates you don't like. You also have to remember where they are whenever you take them off because you won't be able to see to find them.

The other morning my alarm clock woke me—but not enough. I reached out to hit it to make it shut up and suddenly discovered my hand was full of glass. I had hit the wrong object, of course, and now I would have to buy new glasses.

At the eye doctor's, I accepted the big, black spoon handed to me and looked around hopefully for a bowl of chocolate marshmallow ice cream. No ice cream. Instead, the doctor asked me to cover one eye with the spoon and read the chart. Now everyone knows these charts always have a gigantic *E* at the top. So I said "E," not because I could see it but because I knew it was there. (One of these days I'm going to say "Z," just to see what happens.) Then I went on to the rest of the letters. But this is invariably boring, because they never spell anything. I began politely—P-R-S-O-T-Z-N-O-M—but somehow got sidetracked to I-C-K-E-Y-M-O-U-S-E.

By then the doctor was glad to get rid of me. I was ushered into a little room with lots of shelves and a big mirror in the middle. On the shelves were frames. I was told to pick out the pair I liked best. But how on earth can you pick out "the best" with nothing but empty frames to look through and no way to see what you look like? Yet I knew it was an important decision. After all, it's awfully hard to look chic when you're wearing glasses that don't look good on you.

Two weeks later my new glasses arrived. Elated, I decided to celebrate by going out to eat. On the way to the restaurant I collected the following nicknames: Four-eyes, Window-face, Specs and Owl. Once seated at my table, I ordered chicken soup to calm down. It was piping hot; as I leaned eagerly over the bowl, instant blindness struck from the rising steam. Resignedly, I wiped off my new aids to better vision—and a lens popped out of its frame and into the soup.

Celebration was no longer in order. Heading home, I found it was raining. Well, no one can see through glasses in the rain. I got very wet sloshing through puddles I didn't know were there until I stepped in them.

Still, I do believe there is one advantage to wearing glasses. On a dry day, it's an improvement over running into trees all the time.

## ...GIFTS TO MAKE

*continued from page 179*

**39, 40. Rock Paperweights**

*MATERIALS:* Smooth, flat white stones with interesting shapes; felt-tipped pens in assorted colors, colored pencils, tempera, watercolor or oil paints; varnish; household cement; assorted items to glue onto rock (feathers, buttons, sequins, flowers, etc.).

*PROCEDURE:* Lightly draw design onto rock with pencil. Fill in areas of design with paint, pencil, felt-tipped pens or any combination of these. (If paint doesn't adhere to stone, sand stone lightly with sandpaper or add a brushstroke of soap from bar to paint.) Outline the design with a black felt-tipped pen. Allow paint and ink to dry. Varnish with two coats, drying after each coat. Add feathers, sequins, flowers, buttons, glitter, bows, rhinestones, stars, pieces of Brillo (for hair), wire (cat's whiskers); affix with household cement; allow to dry.

**41. Keyhole Escutcheon Necklace**

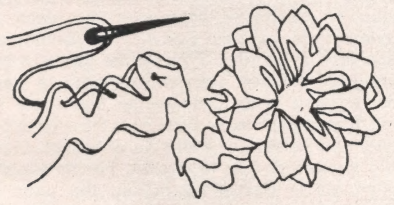
*MATERIALS:* Keyhole escutcheon (to order, see page 142), inexpensive gold-tone chain, jump rings (at craft and hobby shops).

*PROCEDURE:* Keyhole escutcheons are pliable; bend them to fit the curve of your wrist or keep them flat for hanging on a chain for a necklace. Cut chain at center. Connect ends of chain to sides of escutcheon with jump rings. To make a bracelet, cut chain to size of wrist.

**45. Rickrack Flower Pin**

*MATERIALS:* A package of flower centers, floral tape, florist's wire for one flower stem, two artificial leaves, a pronged pin back (all available at craft and hobby shops); one yard of rickrack.

*PROCEDURE:* Fold rickrack in half (see drawing). *Note:* You will be working with a double thickness of rickrack throughout. Insert threaded needle through edge of first point from fold; continue by passing the needle through every other point, then pulling thread tightly, until you have a piece measuring approximately two inches. Sew first and last points securely together, keeping the sewn points at the inside of the flower, as shown; trim rickrack ends. Insert enough flower centers through the hole in the center to hold securely. Wrap wire for flower stem around stems of centers close to base of flower several times; trim stems of centers to ¼ inch. Wrap wire ends of leaves around flower stem wire approximately one inch from base of flower. Wrap floral tape around stems of centers, leaves and stem wire. Attach pin.



**48. Mini Folding Frame**

*MATERIALS:* Small piece of illustration board, metal-edged ruler, single-edged razor blade or X-acto knife, a piece of fabric, white glue and brush, tape, a 12-inch length of ⅜-inch ribbon.

*PROCEDURE:* With a metal-edged ruler, cut the illustration board to 2 by 4 inches. Measure and draw two inner squares as shown below. Neatly cut out the two inner squares with a single-edged razor blade. Score center by running back of razor blade along the marking; fold in half. Trim any uneven edges to make a perfect two-inch square when folded. With white glue and a brush, apply a scrap of fabric, cut ¼-inch larger than board on all four sides, over front of entire frame. Turn frame over; mark center point of fabric in square cutouts. Cut the fabric up to corners, as shown. Cut away fabric in squares, leaving a narrow flap along each edge. Pull fabric flaps over edges to back of frame; glue. Glue excess fabric at outer edges of frame to back, mitering the corners *(continued on page 188)*

## WHERE TO BUY...

*many of the fashions and accessories shown on the cover and on pages 105-113 and 124-129*

**Cover**

**Aris** mittens, $3: Franklin Simon, all stores.

**Page 105**

**Starship** satin-striped jumpsuit, sizes 5-13, $54: Size 5-7-9 Shops, all stores.
**Willie Woo at Monti-Filler** flowered hair combs, pair, $5: Paul Harris, Indiana.
**Vendome** gold-filled chain, $15: Ohrbach's, New York.
**Dynasty** watch with gold-tone chain and white dial, $32.50: B. Altman, New York.

**Pages 106-107**

**What's-in-a-Name?** blazer and jeans, both sizes 5-13: Rich's, Atlanta; Titche's, Dallas.
**J. C. Penney** peasant blouse, sizes 5-15: at most large J. C. Penney stores.
**What's-in-a-Name?** blue suspender pants, scarlet blouson top and gold pants, sizes 5-13: Rich's, Atlanta; Topper's, Centralia.
**Frank Giordano for Red Cobra** satin-wrapped bangles, each $3: Plymouth, New York.

**Pages 108-109**

**Sears** vest and pants, both sizes 5-13: at most larger Sears fashion stores.
**George Yazbek for Gordon Peters** white shirt, sizes 5-15: Troutman, Butler and New Castle.
**Eva Graham** earrings, $7: Lord & Taylor, New York.
**Max & Lulu** dress, sizes 5-13: Madigan's Illinois; The Fair, Greenville.
**Cathy & Marsha for Catherine Stein** bangles, each $2.50: Nordstrom's, Seattle.
**Peter & Peggy for P. C. Designs** bangles, each $6: Bloomingdale's, New York.
**Martco (Division of Bertlyn)** sandals, $9: for stores, write to Bertlyn, 261 Madison Avenue, New York 10016.
**Bonnie Doon** pantyhose, $2.25: Bonwit Teller, New York.
**Ruza** gold evening bag, $9: Henri Bendel, New York.

**Pages 110-111**

**Time & Place** sweater, sizes S-M-L: Gimbels, New York; Rich's, Atlanta; Bullock's, southern California.
**Lecour-Johnson** earrings, $2.50: Nadon's, Southfield and Troy.
**Peter & Peggy for P.C. Designs** bangles, each $4: Paul Harris, Indiana.
**Spaced by Space Legs** top, sizes S-M-L: Rich's, Atlanta; D. H. Holmes, New Orleans; Robinson's, California.
**What's-in-a-Name?** jeans, sizes 5-13: Rich's, Atlanta; Titche's, Dallas.
**Elegant** belt, $6: Abraham & Straus, Brooklyn.
**The Willis Avenue Bridge Works by Trisha Sayad** strapless dress, sizes S-M-L: Bonwit Teller, New York; Alcove, Ohio, Illinois and Michigan; Bullock's, southern California.
**Sally Gee** tube top, one size: Bullock's, southern California.
**Trousers Up** satin pants, sizes 5-13: Hutzler's, Baltimore; The Colony, San Leandro; Bullock's, southern California.
**Lecour-Johnson** bangles, $2.50 and $4: Nadon's, Southfield and Troy.
**Frank Giordano for Red Cobra** neck ring choker, $11: Bloomingdale's, New York.

**Pages 112-113**

**Bonnie Doon** pantyhose: Bonwit Teller, New York.
**Starship** jumpsuit, sizes 5-13: Size 5-7-9 Shops, all stores.
**Willie Woo** comb: Paul Harris, Indiana.
**Vendome** gold-filled chain: Gimbels, New York.
**Dynasty** bracelet watch: B. Altman, New York.
**Red Cobra** choker: The Limited, Columbus.
**J. C. Penney** watch, $19: at most large J.C. Penney stores and in the 1976 Christmas catalog.

**Pages 124-125**

**Russ Togs** parka, sizes S-M-L: for stores, write to Russ Togs, 1411 Broadway, New York 10018.
**Roffe** warm-up pants, both sizes S-M-L, and windbreaker, sizes XS-XL: for stores, call 1-800-243-6100. In Connecticut call 1-800-882-6500.
**New York Mackintosh for Whistlestop** jacket, sizes 5-13: Tops 'n Bottoms, Syracuse; The Broadway, Del Amo and Salt Lake City.
**Monica for Profile** parka and warm-up pants, both sizes S-SM-M-ML-L: Lord & Taylor, New York; Hahne's, New Jersey, and in their 1976 Christmas catalog.
**Sport Obermeyer** overalls, sizes XS-XL: Scandinavian Ski Shop, New York; Hoigard's, Minneapolis; Gorsuch Ltd., Vail.
**Demetre** crew-neck, sizes S-M-L: for stores, write to Demetre, 1415 NW 52nd Ave., Seattle, Wash. 98502.

**Pages 126-127**

**Ram Dam** turtleneck, sizes S-M-L: for stores, write to Ram Dam, 1407 Broadway, New York 10018.
**Wrangler Sportswear** jeans, sizes 3/4-18: for stores, write to Wrangler, 1411 Broadway, New York 10018.
**Importina for Commodore** knitted cap, $7: B. Altman, New York.
**Sport Obermeyer** down vest, sizes S-M-L: Scandinavian Ski Shop, New York.
**Grandoe** cap, $4: Martin's, Brooklyn.
**Frye Boots** boots, $68: Stitching Horse Bootery, New York.
**White Stag** sweater, sizes S-M-L: Bamberger's, New Jersey.
**Pendleton** jacket, men's sizes S-XL: Outdoor Trader, Greenwich; G. Fox & Co., Hartford.
**The Lee** overalls, sizes 24-30: Abels, Mount Kisco.

**Pages 128-129**

**B. S & S Sales** cap: B. Altman, New York.
**Hot Nitz** mittens: Saks Fifth Avenue, all stores.
**C. Dunham** hiking boots: Sports Spot, Port Authority Terminal, New York.
**D. Van Raalte** gloves and mittens: Franklin Simon, New York.
**E. Duofold** underwear: B. Altman, New York.
**F. J. C. Penney** boots: at most large J. C. Penney stores, and in the 1976 Christmas catalog.
**I. Hot Nitz** hat and face mask: Abraham & Straus, Brooklyn.
**L. Bowman Trading Co.** cap: Bloomingdale's, New York, after November 20.
**MMM. Jennifer Dale** jumpsuit: Bullock's, southern California.
**Hot Sox** slippers: Filene's, Boston.

## 64 HOLIDAY GIFTS...

*Information on patterns for making gifts 2, 3, 5 and 8, shown on pages 138-139*

**2, 3. Simplicity pattern 7735,** $1.50. One size. Jewelry roll requires ½ yard of 60-inch fabric for case and ½ yard of 60-inch plastic or fabric for its pockets. Eyeglass case requires ⅜ yard of 60-inch fabric.
**5. Simplicity pattern 7701,** $1.25. One size. Tie requires ⅞ yard of 60-inch fabric.
**8. Simplicity pattern 7004,** $1.25. One size. Envelope bag requires ¾ yard of 60-inch fabric.
*Note:* Flat twin sheet measures 66 by 104 inches. Unless otherwise indicated, yardages are approximate for size 10. Simplicity patterns are available in stores from coast to coast. To order by mail, send check or money order (no cash), size and pattern number(s) to: Simplicity Pattern Company, Dept. WD, 901 Wayne Street, Niles, Michigan 49121. *Prices slightly higher in Canada.*

*Merchandise used on pages 138-145*

**Pages 138-139:** Streamers and Seaside pattern sheets by Martex WestPoint Pepperell. Tennis racket and tennis balls (also shown on page 144) by Dunlop Sports Co. Hyplar acrylic polymer colors and artist's brushes used for painting wicker basket, hat on page 140 and frame on page 144, by M. Grumbacher, Inc., New York. Polyester fiberfill used for shell designs by Stearns & Foster Co.
**Pages 140-141:** Hand and bath towels used for making bath wrap and mitt by Martex WestPoint Pepperell. Guitar from Schirmer Music, N.Y., Inc. Ribbons used for making belt and bag, and tennis racket cover shown on page 144 by C. M. Offray & Son, Inc. Paints for decorating mug by Vogart.
**Page 143:** Luxo lamp from Charrette.

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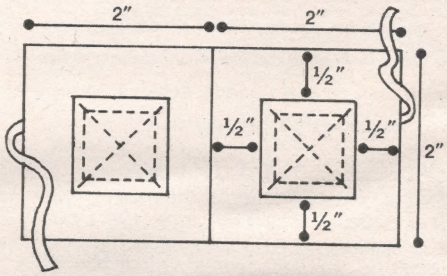
*continued from page 187*

neatly. Allow to dry thoroughly. Position photos on back with tape. Cut a piece of matching fabric to exact size of frame. Glue in place on the back; let it dry. Glue the ribbon across back of frame. Tie ends in a bow.

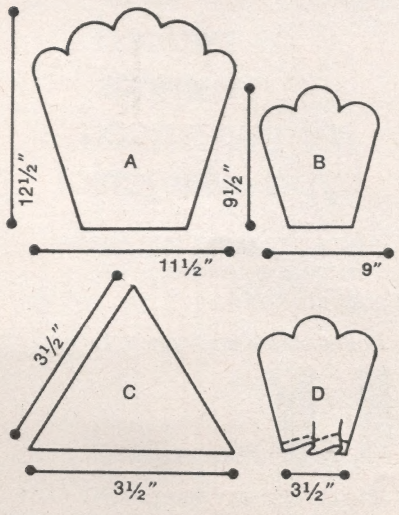



# natural notions

**50. Flower Pillow**

*MATERIALS:* ½ yard each of four different fabrics, ¾ yard of sheet polyester batting, ¼ bag of polyester fiber or fabric scraps or old stockings for center stuffing.

*PROCEDURE:* Cut patterns for large petals (figure A) and small ones (B), a pattern for 5-inch circle and one for 3½-inch triangle (C). From each of three fabrics, cut one pair of large petals and one pair of small ones. From fourth fabric, cut 12-inch square for center, one 5-inch circle and two 3½-inch equilateral triangles. From batting, cut three large and three small petal shapes. To make each petal: Baste one fabric petal shape right side up on batting. Place second petal shape right side down on top of first one. Stitch ½-inch seam around edge, leaving bottom open. Trim; clip at curves. *Note:* Keep batting side down while sewing; set the machine for a long stitch. Sew slowly; clean machine if batting gets into bobbin case. Turn petal right side out. Remove basting; press; topstitch ¼ inch from edges. Make two tucks at bottom of each petal so that bottom measures 3½ inches (D). Stitch in place. To assemble flower: Arrange three large petals around one triangle; pin triangle on top of petals. To attach petals, zigzag-stitch around edge of triangle. Repeat with second triangle and three small petals. Overlap petals so they form a bowl; pin. Hand-stitch petals together, starting at bottom and ending just below top of petal. Slip small petals inside large; tack in place. Put a handful of stuffing on wrong side of 12-inch square, pull corners and edges in; stitch to form a ball. Place ball in center of petals; tack in place. To finish, turn under edge of 5-inch circle; press. Pin on bottom of flower; hand-stitch.




**53. Designer Frame**

*MATERIALS:* Newspaper, tracing paper, soft pencil, Con-Tact or wallpaper design, wooden picture frame, acrylic polymer paints, several plastic or paper cups, three paintbrushes: 1-inch, ¼-inch and ⅛-inch size.

*PROCEDURE:* Outline Con-Tact or wallpaper design on tracing paper with a soft pencil. On back side of tracing paper, pencil over design outline with broad strokes, using the flat side of pencil. Working on newspaper, paint base coat of background color on front and back of frame; allow to dry completely. Place brushes in water or wash immediately after use. Paint second coat of background color; allow to dry for several hours. Place tracing paper over picture frame, back side flush with surface, and trace pattern outline firmly. Soft pencil on back will transfer design; outline doesn't have to be exact. Mixing one color at a time in a cup, paint on design.

**54. Rug Canvas Tote**

*MATERIALS:* ⅞ yard of 36-inch-wide natural rug canvas, 8 yards natural rug binding, straight pins.

*PROCEDURE:* Cut one 35-by-23-inch piece of canvas and two 6-by-15½-inch pieces. Crease large piece of canvas into three sections, as follows: 5-inch bottom, 15-inch front and back. Lay large piece flat; mark lengthwise into three equal sections with pins. Starting at top edge, pin binding over one marking; loop 15 inches for handle, and continue along second marking. Loop 15 inches for second handle; overlap ends one inch. Stitch close to each edge of binding, then stitch again ⅛ inch in. Pin strips of binding to inside and outside top edges of front, back, sides; stitch as before. Stitch sides to bag with a ½-inch outside seam; trim seam. Enclose side seams with binding, turning under ½ inch at top; stitch through all thicknesses close to edges of binding.

**56. Stenciled Jute Belt**

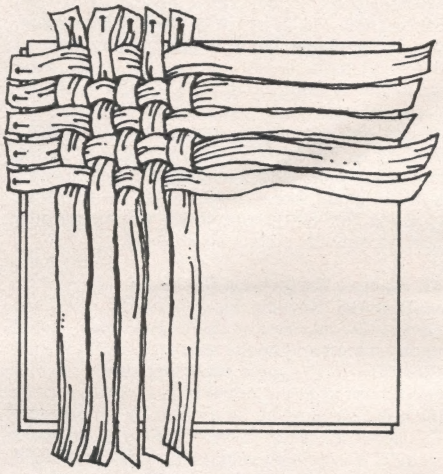
*MATERIALS:* Stencil (see coupon, page 149), glue, jute webbing (size of waist plus three inches), acrylic paint, paintbrush, Cellu-Clay, 2-inch strip of Velcro.

*PROCEDURE:* Decide on size and design of buckle; shape with Cellu-Clay. We made the round ornaments by shaping small clay balls, and using the eraser side of a pencil, making indentations. Paint; allow to dry. Paint stencil pattern around length of jute webbing; allow to dry. Glue clay buckle to one end of jute. Stitch Velcro strip to the other end of jute webbing; glue the other part to back of buckle end.

**57. Tennis Racket Cover**

*MATERIALS:* ½ yard 45-inch fabric, ½ yard fusible webbing, 4 yards of 1½-inch-wide striped Offray grosgrain ribbon, 1⅛ yards of one-inch-wide striped grosgrain ribbon, 5⅓ yards one-inch-wide solid-color grosgrain ribbon, five Velcro tabs, one yard of bias seam binding.

*PROCEDURE:* Cut two pieces of fabric and one piece of fusible webbing, each 12 by 17 inches. On ironing board, place one piece of fabric right side down; place fusible webbing over it. Cut eight 17-inch pieces of 1½-inch-wide striped ribbon. Place them side by side vertically over webbing and fabric. Anchor strips of ribbon in place at one end with pins. Cut sixteen 12-inch pieces of one-inch-wide solid-color ribbon. Working with one ribbon at a time, weave the solid ribbons horizontally over and under the vertical ribbons with no space between. Anchor with pins; fuse in place on webbing and fabric, following the manufacturer's instructions. Using your tennis racket as a pattern, place it on wrong side of fused woven ribbons. Trace around head of racket and down the handle one inch. Add ½ inch all around for seam allowance; cut. Cut second fabric piece for back of cover. Cut a 2-by-38-inch strip of fabric and one 38-inch piece of one-inch-wide striped ribbon. Center ribbon on wrong side of strip. Topstitch in place. (This becomes the gusset.) Pin ribbon side of gusset and right side of front section of racket cover together. Stitch ½ inch from edge. Pin back section of racket cover and the other edge of gusset together as for front; and stitch, leaving a 14-inch opening on one side. Trim seams and notch curves. Turn right side out. Stitch bias seam binding over raw edges of opening. Turn binding to inside; slip-stitch in place. Sew Velcro tabs along opening on inside. Bind bottom edge with ribbon; sew on a Velcro tab to close.



**58. Rawhide Bracelet**

*MATERIALS:* One yard of rawhide lacing.

*PROCEDURE:* Cut rawhide into three equal pieces. Knot at one end; trim ends close to knot. Braid for 6½ inches or desired length. To finish, wrap one strip around the other two, loop end through and knot; trim close to knot. For loop, knot remaining two ends about one inch from finishing knot; trim ends close to knot.

**59. Jute Basket**

*MATERIALS:* Size Q Jiffy crochet hook, 1½ pounds of ¼-inch-wide jute.

*PROCEDURE:* Do not join rounds. Mark beginning of each rnd with a safety pin and continue working rnds consecutively. Ch 4, join. *Rnd 1:* 2 sc in each ch (8 sc). *Rnds 2 and 3:* 2 sc in each sc (32 sc). *Rnd 4:* sc in each sc. *Rnd 5:* One sc in each sc, increase one sc in every eighth st. *Rnd 6:* Repeat rnd 4. *Rnd 7:* sc in each sc, increase one sc in every fourth st. *Rnd 8:* repeat rnd 4. Now begin to alternate one rnd of sc in each sc with one rnd of decs in every eighth st until basket is desired height (ours was 7¼ inches high). *Note:* The dec rows will taper the sides, so to give an evenly rounded, tapered shape do not work decs over the decs of previous rnds. To make side handles: Decide on placement of handles. Pick up the loops of the number of stitches determining width of handles, working in an oval shape. Make one sc in each loop, then work a rnd of sl sts in each sc. Fasten off; repeat on other side of basket. Braid three strands of jute to desired handle length. Fasten inside basket by pulling the ends to inside and knotting. Weave any loose ends into stitches on inside of basket.

**63. Scented Bath Balls**

*MATERIALS:* Several old stockings (clean and without runs), scissors, assorted dried herbs and essences, carpet thread, brown kraft paper for making tags.

*PROCEDURE:* Cut stockings into several pieces, varying lengths to make different sizes. Use one length inside another to prevent herbs from sifting through. Gather up one end and tie into a tight knot, then tie above knot securely with carpet thread. Stuff the stockings with dried herbs and essences of your choice—the combinations are infinite. Try chamomile, catnip, rosebuds, yarrow, frankincense and myrrh. When stocking is round and plump, knot at top as before. Label brown kraft paper tags with ingredients; attach to bath balls with carpet thread. For a list of herbs, essences and postpaid prices, write to Spice Market, 94 Reade Street, New York 10013.

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